

**THE COVER SHEET  
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ORIGINAL FILM**



LAKE COUNTY

"The investigation is far from complete and we're still developing leads and identifying victim banks."

Mark Becker, FBI supervisory special agent

# FBI nabs last suspect in robberies

## Three linked to robbery of Gurnee bank

By EMILY PREVITI  
epreviti@nwnewsgruop.com



Jername Barnes



Jennifer Hasek



Marvin Harris

GARY, Ind. - FBI agents arrested Jername Barnes on Oct. 20 for the robbery of a bank in Hobart, Ind., that

ine 29. tors said they be- Barnes, Jennifer Marvin Harris, also rst National Bank Gurnee June 26. captured Harris, of Ind., and Hasek, of

Gary, Ind., on June 30 and July 1, respectively.

The trio is linked to 14 to 20 bank robberies throughout Illinois, Indiana and Michigan, said Mark Becker, FBI supervisory special agent.

"The investigation is far from complete and we're still developing leads and identifying victim banks," Becker said.

Jerrod Reddix, of Gary, is in custody for his suspected role in the additional crimes.

Susan Collins, an assistant U.S. State's Attorney in northern Indiana, said she is prosecuting the crimes.

Reddix has been charged with felony possession of a firearm, Collins said.

The investigation started

when a Lake County (Ill.) sheriff's deputy learned about the robbery in Hobart on the news and noted its similarity to the incident in Lake County, Ind., and contacted the FBI.

Law enforcement officials had been checking periodically a house with which Barnes had been associated, Becker said.

They saw him outside and arrested him without incident Friday, Oct. 20.

Becker anticipated that Barnes, like Harris and Hasek, would be held without bail.

Harris, 42, and Hasek, 28, have pleaded not guilty, Collins said. She expected Barnes, 26, to enter a plea before the end of the month.

Barnes, Harris and Hasek could be sentenced to seven to 25 years in prison for bank robbery and brandishing a firearm

during a crime of violence, Collins said.

No one was injured at either bank robbery.

Harris is also charged with felony possession of a firearm, for which he could be sentenced to up to 10 years in prison.

All counts bear a fine of up to \$250,000.

Hasek, who was pregnant at the time of the robberies, drove the getaway cars used in both crimes.

She had no previous criminal record, her attorney Jeff Schlesinger said in August.

Becker could not cite a date for the start of the trial at the U.S. District Court in Hammond, Ind.

U.S. Magistrate Judge Paul Cherry will hear the case.

• Check [www.weeklyjournals.com](http://www.weeklyjournals.com) for updates on the case

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● **Factual accuracy**  
**Did we get it right?**

Accuracy is important to us at the *Antioch Journal* and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention. Call Larry Lough at 847-223-8161 or e-mail him at lough@nwnewsgroup.com

● **Editor's Choice** by Larry Lough

## Important election ... but aren't they all?

Some people don't get excited about elections.

A lot of people, actually.  
But not newspaper people.

We buy into the notion about democracy, that an informed electorate is important to making good decisions about self-governance. It is our government, after all.

So in next week's editions of the Lake County Journals, we will include a special section about the Nov. 7 election. (Although with early voting, you can

make almost any day Election Day.)

Our section will have some information to help you vote: profiles and interviews with candidates, letters from readers about their preferences, and our endorsement of candidates we found to be worthy.

We have met with many candidates over the past two weeks to hear their ideas, question their platforms, and listen to their answers.

Our endorsements are not our way of telling you how to vote. They're merely

telling you how we would vote.

So read the stories and letters, and consider the endorsements (ours and readers'). But also look at campaign literature, attend candidate forms, talk to your neighbors, watch the TV ads, and listen to the radio commercials.

Make an informed vote Nov. 7. Or earlier.

If you have thoughts about the process, please write to  
llough@nwnewsgroup.com.

Thanks for reading the Journal.

● **This Week's Highlights**



Annie Christie - achristie@nwnewsgroup.com

▲ Carrying on the tradition  
**PAGE C2**

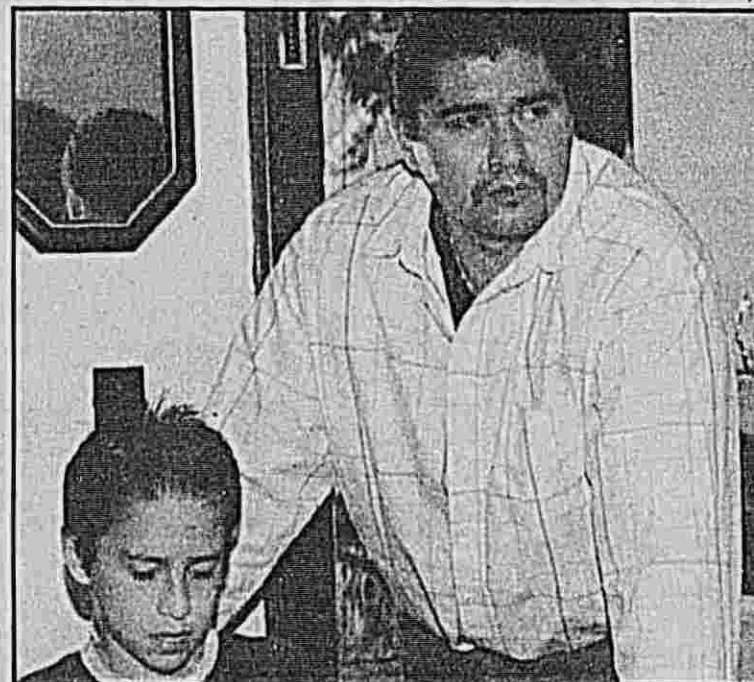
Determination finally pays off  
**PAGE A15**

● **Lake County**

**KIDS GATHER FOR ANTI-VIOLENCE PARADE**  
**PAGE A20**

**DAYLIGHT SAVING TIME ENDS**

Daylight Saving Time ends at 2 a.m. on Oct. 29. Don't forget to set your clocks back one hour before you go to bed on Oct. 28.



Annie Christie - achristie@nwnewsgroup.com

● **Plus**

**HEALTH AND FITNESS  
UPDATE 2006**

**INSIDE**



"Serving our communities to make them better places to live"



"We have the best of the best at our school for this show. We're small, but we got a lot under our belt."  
—Derek Nelson junior at Lakes Community High School and assistant director for the school's play "Noises Off" (see story on A8)

# Preparing for a world championship

Musky hunters from around globe converge in Antioch

By TARA CLIFTON

tclifton@nwnewsgroup.com

ANTIOCH — Lenny Szulc, 63, has mastered a beast.

But not one with hair and claws. Rather, this creature has fins and scales.

The Ingleside fisherman has become one of the best musky hunters in the world, and will be part of one of the 50 teams competing during the Professional Musky Tournament Trail's 2006 World Championship.

The event will take place from Nov. 3 to 5 at the Antioch VFW Post 4551.

The best musky fishers in the PMTT will converge upon the Chain of Lakes to see who can catch the longest, heaviest, and meanest fish in the waters.

The winner will receive \$40,000 in cash and prizes.

The musky has quite a reputation among fishers, especially those who track the fresh water dwellers.

"It's the most difficult fish to catch," Szulc said. "It's more like hunting them rather than fishing for them."

"They [have] a whole mouthful of teeth, so they actually have a fighting chance."

Szulc wasn't kidding. Muskies have teeth, similar in formation to a shark's in that they have rows of jagged little choppers.

And they are big. The largest musky Szulc has ever caught measured 53.5 inches and 44 pounds.

Not only are they big, but they have been known to have odd behavior, said Tim Widlacki, PMTT tournament director.

The fish are very territorial, swimming in familiar areas, and attacking those it finds both threatening and tasty.

"I saw it eat a duck once," Widlacki said. "It was nasty, like 'Jaws.'"

Claude LeMere, Antioch's community services director, said muskies have been known to attack swimmers, and he even saw one eat a squirrel that had fallen into a lake.

Despite the fish's aggressive nature, the animal isn't the deepest tank in the aquarium. Widlacki said the musky's brain is about the size of a pea.

So they remember not to go near bait again if they get their mouths torn, for example, but the memory doesn't stick, and they eventually get caught.

Lucky for the musky that in this tournament, they will be quickly thrown back



Annie Christie - achristie@nwnewsgroup.com

Village of Antioch Department of Community Services hosts a press conference at the VFW announcing the musky tournament, which will take place from Nov. 3 to 5. (Pictured right to left) Claude LeMere, community service director, Lenny Szulc, musky fisher, Tim Widlacki, tournament director and Barbara Porch, Antioch Chamber of Commerce President and Village Trustee.

## All about the musky

The muskellunge, known as the musky, eats plants and meat.

It hides in weed beds waiting for its prey, jumping forward and catching it in its tooth-lined mouth.

Prey is swallowed head first and whole.

They also have been known to eat ducklings, other fish, and small muskrats.

The average female musky takes 14 to 17 years to reach 30 pounds, so a big fish usually equals an old one.

Females are larger, with a trophy-worthy female weighing in at 50 pounds.

Trophy males weigh around 45 to 50 pounds.

•Source [www.imusky411.com](http://www.imusky411.com)

into the water.

This species of fish does not have large numbers, and has trouble surviving long enough outside water to be weighed and measured, Widlacki said.

So during next weekend's tournament, each boat will have a walkie-talkie that can communicate with judge boats. If a musky is caught, the judges are called to come to the boat.

Judges will then photograph the fish, measure it on a device similar to an oversized foot measurer at the shoe store, and throw it back in.

The fish will be OK after it is returned to its habitat, Widlacki said. It will probably forget its traumatic experience anyway.

All the measurements for each fish caught will be calculated at the VFW post, LeMere said. They call these "virtual weigh-ins" because the fish can't be evaluated on the spot.

Barbara Porch, director of the Chamber of Commerce, said businesses have been busier in the year since

## 2006 PMTT World Championship

**Headquarters:** Antioch VFW Post 4551, 75 North Ave. in Antioch

**Sponsors:** Village of Antioch, Antioch Chamber of Commerce, Raymond Chevrolet in Antioch, and Ray Chevrolet in Fox Lake.

**Lodging:** Best Western, 350 W. Route 173.

**Grand prize:** \$40,000 in cash and goodies

**Friday, Nov. 3, at the VFW, Fishers Only**  
5:30 to 7 p.m. Registration for participants and dinner  
7 to 7:45 p.m. Rules meeting

**Saturday, Nov. 4 -Launch from Hailing and Sons Marina, 26365 W. Lotus Road in Antioch.**  
7:15 a.m. Blessing of the fleet  
7:30 a.m. Fishers depart from Hailing's  
4:30 p.m. Fishers return  
6:30 to 7:30 p.m. Virtual weigh-ins at the VFW, with public welcome to meet the pros.  
6:30 to 8 p.m. Kitchen open

**Sunday, Nov. 5**  
7:30 a.m. Fishers depart from Hailing's  
1:30 p.m. Fishers return  
2:30 to 5 p.m. Kitchen open at VFW  
3 to 4 p.m. Virtual weigh-ins at VFW, awards

•Source: Village of Antioch, Department of Community Services

Antioch announced it would be hosting the PMTT tournament.

Fishers, LeMere said, also have been testing the lakes for a year.

"This brings thousands and thousands of dollars to the economy," LeMere said.

And Porch said she hopes the fishers and their families will enjoy their stay.

"Our goal is not only to get them here once, but more than once," she said.

## Our Town Through the lens

Chicago native Jane Fulton Alt will tell of her experiences helping victims of Hurricane Katrina at 7 p.m. on Thursday, Nov. 9, at the **Antioch Public Library District**.

Alt visited the areas devastated by the hurricane as a social worker trying to help. But a part of the photographer was affected by what she saw, and eventually amassed a collection of pictures that document the disaster.

Her photographs will be on display for the month of November at the library.



Tara Clifton

The week of Nov. 5 to 11 has been dubbed "Marine Week" in the village to celebrate the United States Marine Corps' 231st anniversary.

No village events are planned, but you might want to check out what the VFW is doing. Most important, though, is to keep in mind all that the Marines have done for our country.

No village events are planned, but you might want to check out what the VFW is doing. Most important, though, is to keep in mind all that the Marines have done for our country.

**The Northern Illinois Conservation Club**, based in Antioch, will host a Turkey Shoot from 10 a.m. to 2 p.m. on Sunday, Nov. 5, at the club, located on Route 83 south of Route 173.

Don't worry, nobody will shoot real turkeys. Rather, they are aiming for clay targets, some of which are colored. If these are hit, the shooter gets a prize.

Cost for the event is \$10 for 25 shots. Children younger than 18 must be accompanied by a parent or guardian. Participants are asked to bring their own gun and ammunition.

•If you have interesting information or anecdotes to submit for "Our Town," e-mail Tara Clifton at [tclifton@nwnewsgroup.com](mailto:tclifton@nwnewsgroup.com)



# Opinions vary on proposed aquatic center

## Hearing shows both sides of debate

By TARA CLIFTON  
tclifton@nwnewsgroup.com

ANTIOCH – Holding a swim meet at the Williams Park pool is difficult to pull off, said Kristen Roeker, co-president of the Antioch Waves swim team.

For example, Antioch's pool has five lanes, and six are needed to compete. To make up for the missing lane, swimmers use four lanes and swim more laps, making tournaments last much longer than they should, Roeker said.

This is only one of many reasons, Roeker said, why Antioch needs to build the proposed recreation and aquatic center.

Roeker was one of a dozen that spoke to members of the Antioch Park Commission during a public hearing on Monday, Oct. 23 regarding the Winnie Sorenson Aquatic Center.

Residents crowded into the Antioch Community High School commons to see Wheaton-based PHN Architects'

### See the plans

To get copies of the 9 conceptual designs for the Winnie Sorenson Aquatic Center and recreational facility, call the Village of Antioch at (847) 395-1000.

nine conceptual plans for the center. The site lays on 20 acres of land at 22821 West North Ave.

The Village of Antioch gave PHN \$18,000 for drawing schematics and the conceptual plans.

Everyone seems to want a pool, judging from comments made at the meeting, but opinions differ on how to go about it.

"I'm very happy to see the plans we have," Angela Schneider said. "We have nine very good ideas. I know the pool will be built, but please let it be in my lifetime."

Schneider, a lifelong swimmer, said she would use the pool every day, and urged park board members to build the center for future generations.



Sandy Bressner - sbressner@nwnewsgroup.com

Kristen Roeker, coach of the Antioch Waves swim team, addresses the Antioch Park Commission during a public hearing. The hearing addressed the proposed Winnie Sorenson Aquatic and Recreation Center.

Some residents felt uneasy about the proposed designs.

Kathy Bose, Kathy Kurth and Stuart Malsch, neighbors in the

Arbors of Windmill Creek, all said that they could not make comments on the plans without knowing proposed costs or a definite location for the facilities.

Fellow Arbors of Windmill Creek resident James Freedman also had concerns with the plans.

"This hearing and the drawings are putting the cart before the horse," Freedman said.

Most of the project's opposition has come from the 18 houses that back up to the aquatic and recreation center site. Residents have worried about tax increases, noise and traffic.

These concerns have been persistent since the village announced late last year that it had bought 12 acres along North Avenue known as the Bitner Farm for \$425,000. Added to the

eight acres of park land already owned, this gave the village 20 acres to possibly build a new swimming pool and recreational center.

Dan Nicholas, representing PHN, told those at the meeting that the designs are preliminary, and even when one is chosen, it will continue to be tweaked.

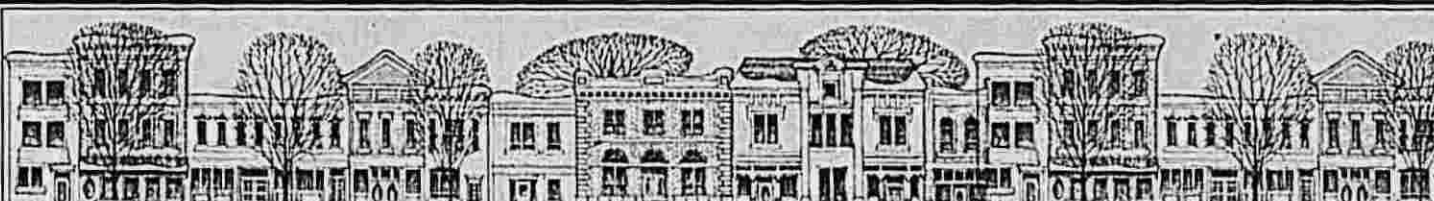
"We're very much at the infancy of this project," he said.

For Daxa Schon, the pool couldn't come soon enough.

"I am for it," Schon said. "I love the area, and I'm close by."

Schon, who has two daughters, said she would often visit the center.

"I'd like to take them out in the winter time," she said, "rather than staying cooped up inside."



## Antioch Chamber of Commerce & Industry

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# ANTIOCH FOR THE HOLIDAYS

**Friday, November 24th**

Christmas Walk 4-8pm

Holiday Parade 6:30pm

Tree Lighting Ceremony

Caroling • Santa Arrives

Santa's Castle Opens

**Saturday, November 25th**

Free\* Magic Show 10:30am

Free\* Christmas Movie 10:30am

\*requires 2 non-perishable food item donation

For information, call  
The Antioch Chamber of Commerce at 847-395-2233 or visit our Website  
at [AntiochChamber.org](http://AntiochChamber.org)

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### Library Digest

#### ANTIOCH DISTRICT LIBRARY

The library is located at 757 Main St. in Antioch, Ill. or patrons can call the library at (847) 395-0874

The Library will be closed on the following holidays:

Veteran's Day: Saturday, Nov. 11  
Thanksgiving Day: Thursday, Nov. 23

#### Sign-up crafts

Children aged 5 and older can

sign-up for the Thanksgiving craft, which will take place at 7 p.m. on Nov. 8. Seating is limited to 34. All programs are on a first come first served basis.

#### Walk-in storytimes

Kids between the ages 3 to 5 can join the walk-in storytimes, which begin at 10 a.m. The next walk-in storytimes will be Nov. 3, 10 and 17. Seating is limited to 34. All programs are on a first come first served basis.



## ● Police Beat

*People named here have only been charged with these crimes, not convicted. Information in Police Beat comes from local police records.*

### LAKE VILLA

#### Suspended license

Kevin S. Riggsby, 20, 284 Windsor Terrace, Antioch, driving with a suspended driver's license, driving with suspended registration, Oct. 18.

#### DUI

Sean M. Langford, 35, 21915 W. 4th St., driving under the influence of alcohol, failure to reduce speed to avoid an accident, driving too fast for poor conditions, Oct. 16.

Kelly C. Kennedy, 19, 111 Timber Lake, Lindenhurst, driving under the influence of alcohol, driving without proof of insurance, improper lane use, Oct. 12.

#### Domestic battery

Sandra J. Lewandowski, 40, 719 Savanna Springs Drive, Lake Villa, domestic battery, interfering with the reporting of a domestic bat-

tery, Oct. 12.

#### No valid driver's license

Victor H. Maldonado, 23, 1402 Maple, Round Lake Beach, driving without a valid driver's license, running a stop sign, driving in the wrong lane, Oct. 15.

#### Possession

Darrin C. Schultz, 37, 33669 Oakland Drive, Gages Lake, possession of marijuana.

### LINDENHURST

#### Candidate signs

Police Chief Jack McKeever reminds residents that signs endorsing political candidates cannot be stolen from private or public properties. Before putting a sign in front of a building, the candidates must seek permission from the homeowner or business owner.

#### DUI

Jeremy R. Desiron, 26, 603 Drom Court, Antioch, driving under the influence of alcohol,

driving under the influence of alcohol with a blood alcohol content level of 0.08, speeding, improper lane use, Oct. 12.

Miguel Montero-Rosas, 22, 319 Wildwood Drive, Round Lake, driving under the influence of alcohol, improper lane use, failure to signal, Oct. 12.

#### No valid driver's license

Felipe Velazquez, 18, 34960 Harvest, Lake Villa, driving without a valid driver's license, driving with improper lighting, driving without valid registration, improper display of registration, driving without proof of insurance, Oct. 18.

Emilio Alvarez, 31, 19098 Grand Ave., Lake Villa, driving without a valid driver's license, improper lane use, driving without a seat belt on, driving without proof of insurance, Oct. 21.

#### Revoked driver's license

Salvador Trujillo, 51, 211 Wildwood, Round Lake Beach,

driving with a revoked driver's license, Oct. 18.

#### Possession

Omar M. Alvares, 24, 19098 Grand Ave., Lake Villa, possession of a controlled substance, Oct. 21.

### ANTIOCH

#### Disorderly conduct

Devon M. Dupuis, 19, 24000 block of 119th Street, Trevor, Wis., Oct. 20.

#### DUI

Ryan T. Runyard, 19, 400 block of Edgewood Drive, Antioch, driving under the influence of alcohol, speeding, improper lane use, Oct. 22.

Jennifer J. Gautam, 21, 23000 block of Cheasapeake, Kildeer, driving under the influence of alcohol, improper lane use, Oct. 14.

#### Suspended license

James P. Stewart, 42, 38000 block of N. Briar Lane, Spring

Grove, driving with a suspended driver's license, speeding, Oct. 17.

### ROUND LAKE BEACH

#### Fake ID

Cristian Campos, 18, 1604 Leslie, Round Lake Beach, possession of a fraudulent identification card, unauthorized use of a weapon, and driving with a suspended license, Oct. 16.

#### Weapon

A 15-year-old male, unlawful possession of a weapon, Oct. 16. He was released to a family member.

#### Truancy

13-year-old male, truancy, Oct. 16. He was released to a family member.

#### DUI

Michael Diaz, 19, 1625 Melrose, Round Lake Beach, Oct. 16.

Derek A. Freedman, 36, Antioch, driving under the influence, having a blood alcohol content of more than 0.08 (0.176), Oct. 18.

## Unique Octagon Home in Barrington Gets Makeover

Irene Richardson and her family moved into her home in the winter of 1979. The octagon home was built and designed by Erickson & Stephens, a firm heavily influenced by Frank Lloyd Wright. After living there for over 25 years, she decided she wanted to modernize the interior and chose Signature Flooring & Design to install new five inch wide Brazilian Cherry exotic hardwood floors throughout the living room and dining room, and a rich, thick contemporary shag carpet in the bedrooms and fireplace seating area.

When asked how she decided to use Signature Flooring & Design as her flooring contractor, Irene said, "I went out and got four quotes. I saw the look I wanted at one of those big box retail stores but found out after talking with John at Signature that I was not able to have 3/4 inch thick solid wood installed in my home because my home has concrete floors and an indoor pool. John came out to my home and inspected areas I wanted to have done and verified it should be engineered wood flooring installed in my home because of the concrete and pool which would effect the humidity levels of my wood."

When asked if she had any anxiety about having her home under construction she said, "No, I had complete confidence in them because of the way I was treated before the installation. John returned all of my calls and followed through on everything he said he would do. After talking with John, I spoke with other stores and 3 out of 4 agreed that he was correct, I needed engineered wood. The one flooring store still thinks I can put 3/4 inch solid wood in my home. Could you imagine what I would've gone through with them? I am very happy with the experience, if you have any one interested in getting new floors and need a referral, just have them call me!"

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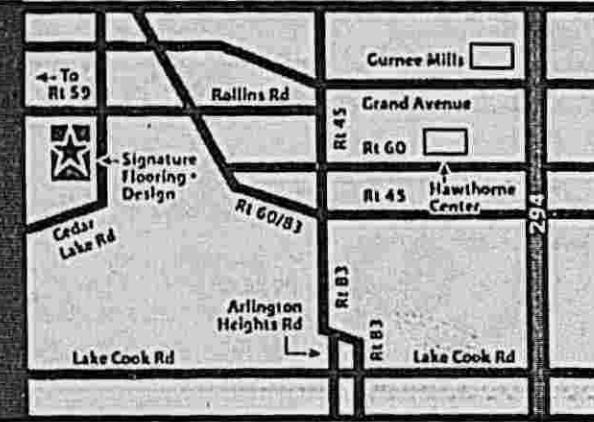
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## LAKE VILLA

# Lakes drama students prepare for fall play

By TARA CLIFTON  
tclifton@nwnewsgroup.com

LAKE VILLA - As the curtains were drawn across the stage at Lakes Community High School, the sound of a telephone ringing could be heard before the stage lit up.

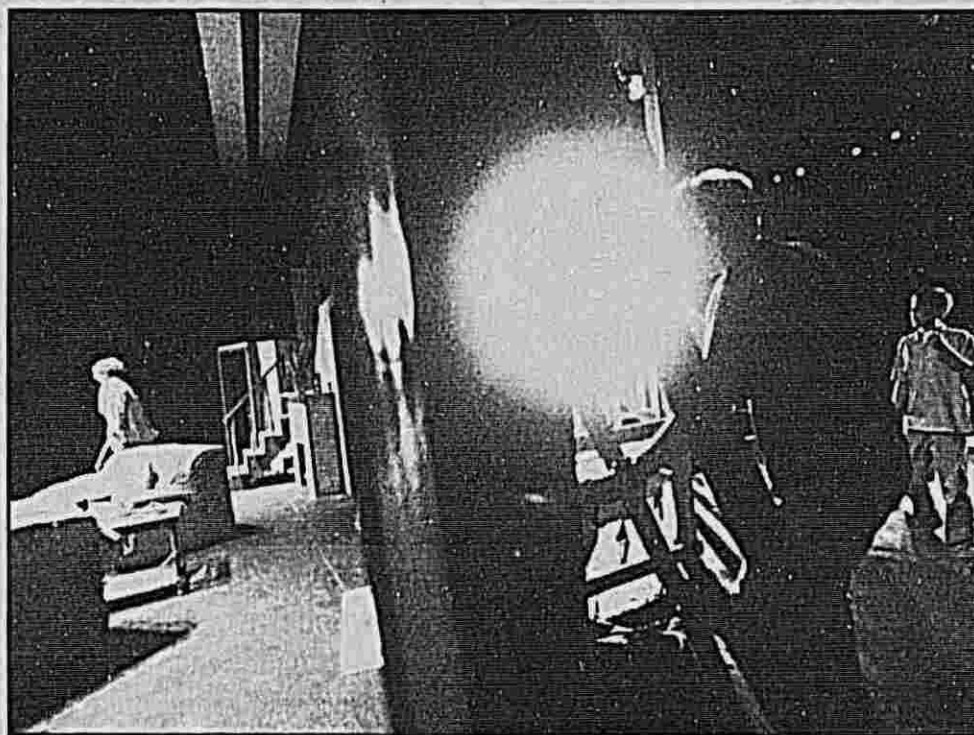
Director and drama teacher Bridget Sundin shook her head slightly and smiled as she spoke into a tiny microphone.

"Let's start that again," she told her drama students. "Have the phone ring after the lights go on."

So the theater crew members closed the curtains and blackened the auditorium once more, as they repeated the opening sequence to the play.

This time, the phone rang at the correct time, but it was so loud that the actress couldn't be heard.

"This is going exactly like the play," Sundin whispered, laughing. Her cast and crew laughed with her, because the script they were acting out follows a group



Chris Padgett - cpadgett@nwnewsgroup.com

Lakes Community High School's cast of "Noises Off," practices after school during a technical rehearsal for the play. The play opens Nov. 2.

of thespians who are trying to put together a play, and everything goes wrong.

Rehearsing for the first time with a nearly-completed set two weeks before opening night, Sundin guessed that they wouldn't be able to go through the

entire show that Monday afternoon.

But she is confident about her students' learning curve.

"They're such good kids," she said. "I really love them all."

The love seems mutual. Students have been preparing

## Showtime!

### Noises Off

Tickets: \$5 for public, \$3 for students

Time: 7 p.m. on Nov. 2 and 3  
2 and 7 p.m. on Nov. 4.

for the school's fall production, "Noises Off," by Michael Frayn, since the week after Labor Day, and they have grown close in addition to learning the tricks of the theater trade.

The play is a British farce, a comedy similar to Monty Python-type humor, complete with slapstick, Sundin said.

The show runs at 7 p.m. on Thursday, Nov. 2, and Friday, Nov. 3, and at 2 and 7 p.m. on Saturday, Nov. 4. Tickets cost \$3 for students and \$5 for everybody else.

One of the biggest lessons the drama students have learned is how to speak with a British accent, which everyone practiced throughout the entire rehearsal.

Robbie Bock, a junior at Lakes, said taking on a new way of talking requires repetition, and he noted that Americans' language is lazy compared with that of the United Kingdom.

"You listen to it and you get corrected a lot," Bock said, using the accent. "A lot."

The mood during the Oct. 23 rehearsal was lighthearted and fun, with the nine cast members and 25 set technicians joking with each other and hugging.

"Everybody has become real close," said junior Derek Nelson, assistant director. "We have the best of the best at our school for this show. We're small, but we got a lot under our belt."

Sometimes the pressure can get intense, said junior Sean Mobley, who played Freddie in the play.

Mobley and Nelson said that one time they ran laps around the auditorium just to get the energy to keep going during one long rehearsal.

"It's fun and tedious," Mobley said. "And it's worth it."

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# Petitions available for March election

ANTIOCH – Starting on Wednesday, Nov. 1, residents will get a chance to run for political office.

Three village trustees' seats will be open for the April 17, 2007, consolidated election. Those trustees whose seats will be vacant are Mary Turner, Barbara Porch, and Lawrence Hanson.

None of them have said their intentions yet. Each trustee seat is a 4-year term.

Election petition packets can be picked up on Nov. 1 starting at 8:30 a.m. at village hall, 874 Main Street.

The first day to circulate nominating petitions will be Wednesday, Nov. 7. Petitions can be filed starting on Monday, Jan. 29, 2007, at village hall, with the deadline being Monday, Feb. 5, 2007.

Village hall hours are from 8:30 a.m. to 5 p.m. Monday through Friday.



**Mary Turner**  
Antioch  
Village Board  
trustee

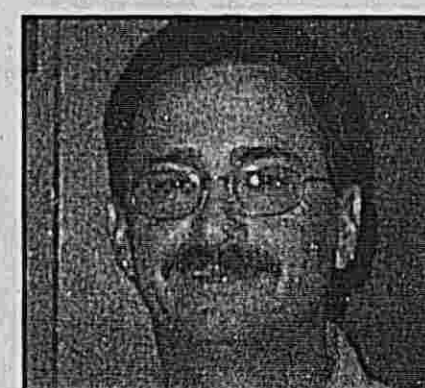


**Babara Porch**  
Antioch  
Village Board  
trustee



**Lawrence Hanson**  
Antioch Village  
Board trustee

## Neighbors



**Larry Roehrich of Antioch Township**

### I grew up in:

Napoleon, North Dakota

### My family:

My wife is Dulce; I have 1 child, Lorenzo, 8.

### My pets:

Four chihuahuas and 1 miniature long-haired chihuahua

### Occupation:

Building inspector for Village of Antioch

### I graduated from:

GED from St. Mary's College in Bismark, North Dakota

### Hobbies:

Horticulture

### Last good movie you saw:

"Shrek II"

### What's your favorite band or music right now?

Dixie Chicks

### Last good book you've read:

Pokemon

### Favorite restaurant:

Dockers and Chinese Buffet

### Favorite meal:

Liver and onions

### Favorite place to shop:

Menards

### If you could have one super power, what would it be?

Healing the sick and injured.

### What is your dream job?

Helping other people.

### What's your dream car?

1980 Porsche or 1929 Chevy

### My pet peeve is:

Shoddy workmanship

### My dream vacation would be:

Hawaii

• If you have a "Neighbor" whom we should profile in this column, call Lake County Journals at (847) 223-8161 or e-mail us at anti-och@weeklyjournals.com.

## Local Digest

### Trick-or-treat

The Village of Antioch has announced trick-or-treating hours for village residents. The trick-or-treating hours are from 4 to 7 p.m. Tuesday, Oct. 31. Motorists are warned to be extra cautious that night due to the large volume of children outside that evening on the sidewalks and streets.

### Alzheimer's program

Daybreak, a program for fami-

lies dealing with Alzheimer's disease, has set its meeting dates for November.

Daybreak West meets from 9:30 a.m. to 3:30 p.m. Monday through Friday at Westosha Community Center in Bristol, Wis.

Daybreak East meets from 10:30 a.m. to 4:30 p.m. Monday through Friday at Wesley United Methodist Church in Kenosha, Wis.

Both locations will be closed

for Thanksgiving on Nov. 23 and 24.

Call (262) 658-0237 or (866) 658-0237 for more information.

### Garden club

The Antioch Garden Club meets at 7 p.m. on the first non-holiday Monday of each month at United Methodist Church, 848 Main Street in Antioch.

This year's programs include Over the Top Floral Design on

Nov. 6, Culinary Delights on Dec. 4, and Selecting and Caring of Roses on Feb. 5.

For more information, call Debbie at (847) 395-4699.

### Blood wanted

LifeSource of Lake County and the Antioch Loyal Order of the Moose will co-sponsor a blood drive from 9 a.m. to 3 p.m. on Saturday, Nov. 11.

For more information, call Jim Gutowski at (847) 265-9491.

## Births

**Ethan Duke Knepper**, a son, was born Sept. 22 at Lake Forest Hospital to Laurie and Robert Knepper of Pell Lake, Wis. His siblings are Jackden, 18 months, Maggie, 3 and Hannah, 7. Grandparents are Dennis and Jeannie Warner of Antioch and Jean and Jack Knepper of Gurnee.

**Kristin Belle Sager**, a daughter, was born Sept. 24 at Lake Forest Hospital to Cheryl Bilski and Dwight Sager of Twin Lakes, Wis. Grandparents are Cindy and Stanley Bilski of Trevor, Wis. and Jim Sager and Joanne Grzonka of Silver Lake, Wis.

**Hannah Kathleen Denman**, a daughter, was born Sept. 19 at Lake Forest Hospital to Michael and Deanna Denman of Antioch. Her sisters are Taylor, 7, and Haley, 4. Grandparents are Bob and Darlene Olenick of Antioch; LeRoy and Sharon Denman and Kandy Winkler of Lindenhurst.

**Lilian Nicole Charlefour**, a daughter, was born Sept. 14 at Lake Forest Hospital to Allyn and Stephanie Charlefour of Antioch. Grandparents are Wanda and Ron Miller; Kenny Garrett of Evansville, Ind. and Jack and Kathy Charlefour of Canton, Mich.

**Gabrielle Jovi Salinel**, a daughter, was born Sept. 17 at Lake Forest Hospital to Joel and Vicky Salinel of Antioch. Her brother is Ethan, 3. Grandparents are Lourdes Vargas of Antioch and Jose Guinou of Milwaukee, Wis.

**Noah Jacob Gonzalez**, a son, was born Sept. 16 at Condell Medical Center in Libertyville to Manuel and Mennie Gonzalez of Antioch. His brothers are Ismael, 13 and Joseph, 9. Grandparents are Jose Lupez and Angelina Gonzalez and Rudy and Terry DeLara of Zion.

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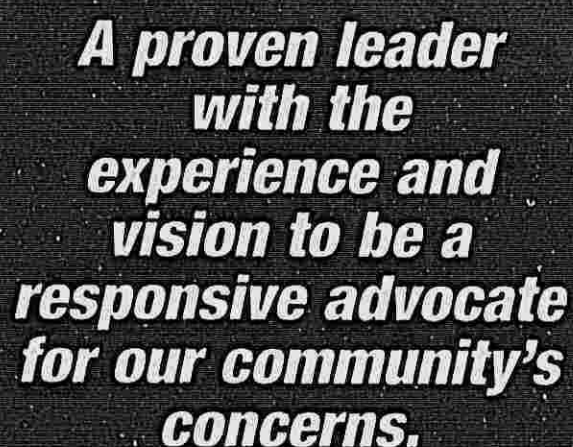
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[illegible]





Spectators in their Halloween costumes watch performances at the Antioch Band Shell before the costume contest during the Halloween Howl.

Costumed youth walk on stage at the Antioch Band Shell during the costume contest at Antioch's Halloween Howl.



## Spooky good time



Youth in Halloween costumes walk about near the Antioch Band Shell before the costume contest during the Antioch's Halloween Howl last weekend.

Photos by Chris Padgett -  
cpadgett@nwnewsgruop.com

### ADVERTISEMENT

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For those who suffer with severe obesity, the road traveled can be a difficult one. They often struggle with the stigma of fitting into a society where "thin is in," and are faced with multiple health complications.

Aurora Sinai Medical Center in Milwaukee has led the way in helping patients win the fight against obesity by providing surgical weight-loss solutions that both save and enhance lives.

Through Aurora Sinai's leading-edge Bariatric Surgery Program, hundreds of life-saving surgeries are performed every year. Bariatric surgery is a procedure that changes the size of a patient's stomach, the length of the small intestine or both. The goal of the surgery is to limit the amount of food that can be eaten or absorbed at a given meal. For many, this treatment is the best and only way to lose significant amounts of weight, and sustain this weight-loss for years to come.

The Bariatric Surgery Program at Aurora Sinai Medical Center offers three different surgical treatments, allowing patients to choose the procedure that best fits his or her needs and lifestyle.

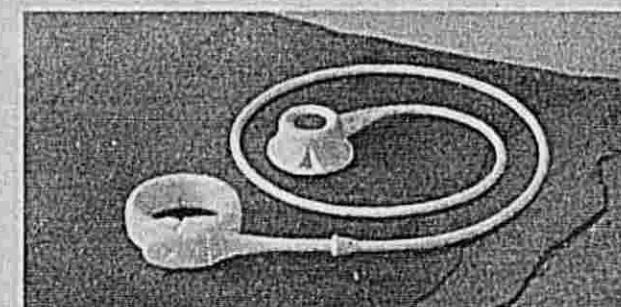
- **New LAP-BAND® System**  
This minimally invasive procedure provides long-term treatment by restricting the stomach with an adjustable band. This helps with portion control and creates a longer feeling of fullness.
- **Vertical Banding Gastroplasty**  
This procedure restricts the stomach using staples to divide it and form a small pouch. This again creates a feeling of fullness which helps to decrease appetite.
- **Roux-en-Y**  
This procedure is the most frequently performed bariatric surgery in the United States. It restricts nutrient absorption of calories from food, resulting in more rapid weight-loss.

**Nationally-Ranked Program, Comprehensive Services**  
Aurora Sinai's Bariatric Surgery Program recently received national accreditation as a Center of Excellence from the American Society for Bariatric Surgery. The multidisciplinary program offers patients the benefit of working with a group of experts dedicated to providing education and support.

A team of surgeons, clinical coordinators, nutritionists, psychologists and physician assistants all work with the patient to develop a personalized treatment plan. Patients are encouraged to join one of the program's support groups, and meet with experts as often as needed. This approach has proven to help patients meet their weight-loss goals and maintain a healthier weight for life.

**A Pioneer in the Field**  
The Bariatric Surgery Program at Aurora Sinai Medical Center is lead by Dr. Thomas Chua. Dr. Chua is nationally renowned for creating a treatment blueprint, offering patients the most comprehensive bariatric care available. He was the first to introduce the minimally invasive LAP-BAND® System to Wisconsin, and the first in the United States to perform the procedure back in early 2001, participating in the clinical trials. He also performs all three procedures himself, which is a rarity. This speaks to his commitment of providing options to his patients that fit their unique needs and lifestyles.

"I love what I do for one simple reason," says Dr. Chua, "because I get to change people's lives for the better. It is rewarding to know I can help increase a person's quality of life so significantly. I have had patients tell me they now have the energy to play with their grandchildren. What better incentive can you find?"



The new LAP-BAND® System offered at Aurora Sinai Medical Center provides continuous long-term treatment for severe obesity. In most cases, the procedure is done through laparoscopic surgery, a minimally invasive alternative, allowing for faster recovery.

**The Benefits of Surgery at Aurora Sinai**  
Hundreds of life saving bariatric surgeries are performed at Aurora Sinai every year. Patients travel from around the country to receive their surgeries at Aurora Sinai because they know higher volumes mean more experience, and a reduced chance of complications. They are confident knowing Dr. Chua is an internationally recognized surgeon and one of the areas most experienced in treating severely obese patients.

To determine if bariatric surgery is right for you, call the Bariatric Surgical Program at Aurora Sinai Medical Center at (414) 219-3008.



"I often tell people that once they become a patient of ours, they are a patient for life. At Aurora Sinai Medical Center, we do not believe in simply performing a procedure and letting people go off to fend for themselves. We are here for them both physically and emotionally for a lifetime."

— Dr. Thomas Chua, Bariatric Surgeon



## School Notes

## SCHOOL DISTRICT 41 War Hawks on their way

The University of Wisconsin-Whitewater wheelchair basket-

ball team will come to Palombi Middle School at 9 a.m. on Friday, Nov. 10, for an assembly and game.

## Daytime concerts

At Hooper School this year, all musical performances will take place during the day.

The next concert will feature fifth-graders at 1:45 p.m. on Nov. 9, at the school's stage.

For more information, call Cathy Welch at (847) 245-8115.

job or donating clothing should call the school office at (847) 245-6690.

### Pre-k screening

The district will host free developmental screenings for kids aged 3 to 5.

They will take place at Hillcrest Elementary School on a monthly basis. To make an appointment or get more information, call (847) 838-8422.

## SCHOOL DISTRICT 117

### Career shadowing

The Antioch Rotary Club is sponsoring a Career Shadowing Day for Antioch Community High School juniors and seniors.

The event takes place from 7:45 a.m. to 3 p.m. on Tuesday, Nov. 14, at the Antioch Rotary Club. Students will be able to talk to professionals in law enforcement, journalism, fire-fighting, law, dentistry and more.

## New mascots

Both Antioch Community and Lakes high schools have new mascots. Antioch is now home of Superfan Stan, the Sequoit Man. Senior Amanda Hoban submitted the winning name during a school-wide mascot naming contest.

And Lakes High School students will now get to know their new mascot, an Eagle wearing a long-sleeved blue sweater with "Lakes" on the front.

Athletic Director Troy Parola is looking for students who are willing to wear the costume during various home sporting events.

## SCHOOL DISTRICT 24 Millburn to offer screenings

Millburn School District will offer screening for preschoolers with suspected developmental delays. Developmental areas evaluated include speech and language, small and large motor skills, conceptual experiences and pre-academic skills.

The next screening will take place on Wednesday, Nov. 1. This is available to district 3- and 4-year-olds.

Parents should bring an original county certificate of their child's birth. A hospital certificate is not valid verification of a child's birth.

Also, proof of residency is required. This could include a driver's license, gas/electric bill, voter registration, etc. To schedule an appointment, please call the special services office at (847) 356-8331 ext. 2908.

## SCHOOL DISTRICT 34 Conferences

Parent/teacher conferences will take place for all schools starting at 8 a.m. on Monday, Nov. 20, and Tuesday, Nov. 21. Classes will not take place on both days.


## Health office needs

Martin School is in need of a part-time nurse and gently-used clothing for the health office.

Those interested in the nursing


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## GURNEE

# Food scavenger hunt brings in more than treats

By EMILY PREVITI  
epreviti@nwnewsgroup.com

GURNEE - Throughout the past couple of years, the number of families that make monthly trips to the Warren Township Food Pantry has doubled to nearly 250, according to township administrative assistant Tiffany King.

Sue Simpson, Warren Township Supervisor, attributed the spike to the state's economy.

"We rank poorly in financial recovery and job creation," she said.

One calculates job creation rate by dividing the number of new jobs by total unemployment.

The U.S. Department of Labor Bureau of Labor Statistics rankings from February 2006 listed Illinois as 46th, or second to last of states who are still creating - not destroying - jobs.

Forty freshmen and sophomores met at Woodland Middle School, 7000 Washington Street, at noon Oct. 21, to do their part to help those in need.

Student Council advisor Melissa Lenczycki said she and O'Plaine Student Council's community service committee decided to host Warren's first Food Scavenger Hunt to raise awareness of hunger and encourage students' volunteering in the community.

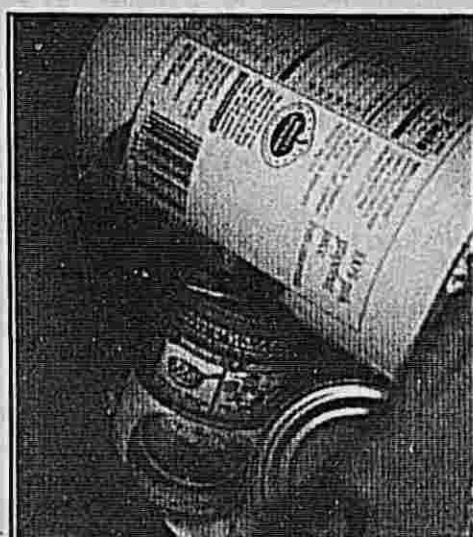
"We had been doing traditional food drives at school for the past three years, but the turn out was decreasing," she said. "We thought this would push our members to collect more food [than] on their own."

The food collected Saturday, along with that brought in by the Almond Campus' student council, will go to the Warren Township Food Pantry.

According to King, individual families and churches comprise the bulk of donors.

Residents who want to pick up food from the pantry need to sign up each January. They must prove they live within Warren Township. Yorkhouse Road, Green Bay Road, Route 45, and the northern border of Waukegan form the borders of the township.

Families do not need to disclose their level of income or employment status to qualify



Chris Padgett - cpadgett@nwnewsgroup.com  
**Cans of food fill a student's bag during the Warren Township High School's food scavenger hunt.**

for the food products.

In September 2006, 4.4 percent of Illinoisans were unemployed, according to the National Bureau of Labor Statistics, a 1.2 percent drop from the previous year's figure.

Yet the Midwest as a region continued to report the highest unemployment rates, according to the NBL's report.

About 29 percent (3.7 million) of Illinoisans fell into that category in 2004, according to the Illinois Institute on Poverty.

The Federal Poverty Line falls at \$9,800 for a single person's annual income in 2006, and increases with household size to \$33,600 for a family of eight.

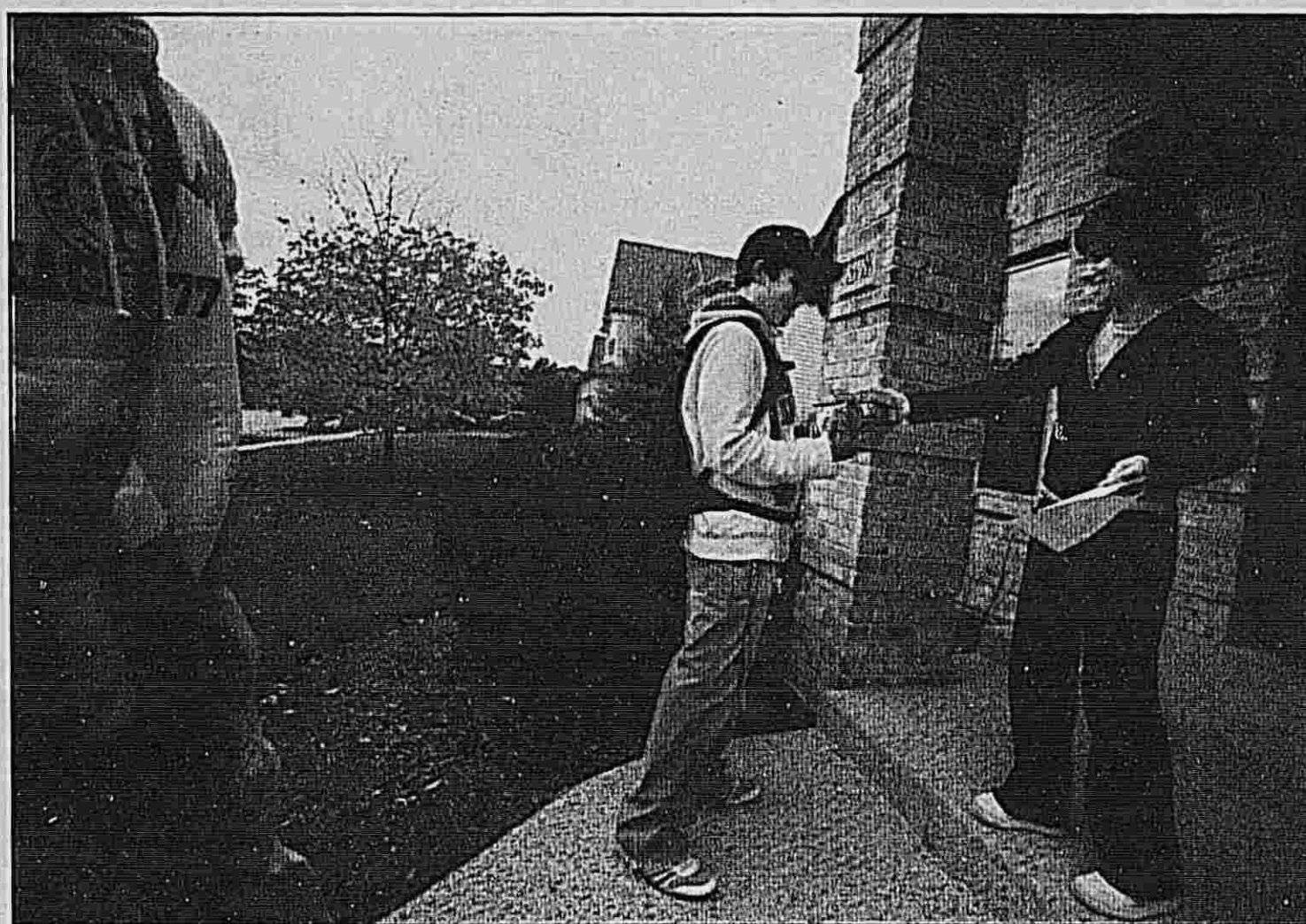
"A lot of people are hanging on by their fingernails," Simpson said. "Using the food pantry helps their dollars go further toward other bills."

## Hungry to help?


The Warren Township Food Pantry accepts donations year-round, but need increases during the holiday season (Thanksgiving through the New Year). To donate, bring items to Town Hall, 17801 W. Washington Street, between 9 a.m. and 5 p.m., Monday through Friday. The pantry most needs canned tuna, pasta, cereal and paper products. Other suggestions include laundry detergent, fruit, peanut butter, and jelly. Call (847) 244-1101 for more information.

•100 Warren students participated in the scavenger hunt

•915 pounds of food collected



Chris Padgett - cpadgett@nwnewsgroup.com  
**Students from Warren Township High School's Student Council collect food in the neighborhoods of Gurnee during a food scavenger hunt to benefit the Warren Township Food Pantry.**



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**Call the Chamber Now! 847-546-2002 or [rlchamber@sbcglobal.net](mailto:rlchamber@sbcglobal.net)**



## ANTIOCH

# Election day brings worries to D-34

Parents, teachers concerned about opening schools to public

By TARA CLIFTON

tclifton@nwnewsgroup.com

ANTIOCH - School District 34 is sort of stuck.

Officials don't like using three of their schools for polling stations on Tuesday, Nov. 7, but it's too late to find other locations.

So, they will just have to do their best, said Superintendent Scott Thompson.

In recent years, schools across the country have beefed up security, and parents and teachers have grown more nervous with several school shootings in the past month, including one in a quiet Amish community in Pennsylvania.

The idea of opening up Antioch Elementary School, Antioch Upper Grade School and Oakland Elementary

School to voters is just scary to some.

"Why are they keeping kids in school when so many people will be there?" asked Evie Amelio, a member of the Antioch Elementary's Parent Teacher Organization. "Now we're just going to open the doors and let in who knows who?"

During the last election voting that took place in the school district, Amelio said Antioch Elementary encountered some incidents with the public.

Amelio said some people smoked and broke things in the

bathrooms, used foul language in the hallways with children present, and parked while kids were outside.

She also worries about pedophiles coming in to vote.

Thompson said that no children were directly harmed during any of this.

He isn't exactly thrilled with the situation, either.

"We've done as many things as we can to keep kids safe," Thompson said.

Officials have asked parents to monitor entrances during voting day, and made sure that the public could use only one or two entrances that were as far away from students as possible.

Thompson also recently sent a letter to Willard Helander, Lake County Clerk, State Representative JoAnn Osmond, and the District 34 Board of Education asking that his

schools not be used for polling sites in the future.

Helander said choosing voting locations is harder than it might seem.

"We've done as many things as we can to keep the kids safe."

## Scott Thompson

Superintendent for  
School District 34

Buildings must be large enough to handle a stream of voters along with ballot counters and their machines, she said.

Libraries, senior centers, and VFW halls are usually too small, Helander said, and some people feel the separation between church and state has been violated if churches are used.

"You can't win for losing,"

## Election Day Info

Antioch Elementary School, 817 N. Main Street, Antioch.

Use gymnasium entrance on east side of the building

Oakland Elementary School, 22018 W. Grass Lake Road, Antioch.

Enter on the west side of the building into the library.

Antioch Upper Grade School, 800 Highview Drive, Antioch.

Mobile classroom will be used, call the main office at (847) 838-8301 for more information.

Helander said. "Somebody's always unhappy."

The simplest solution, she said, would be to mix classes on election days.

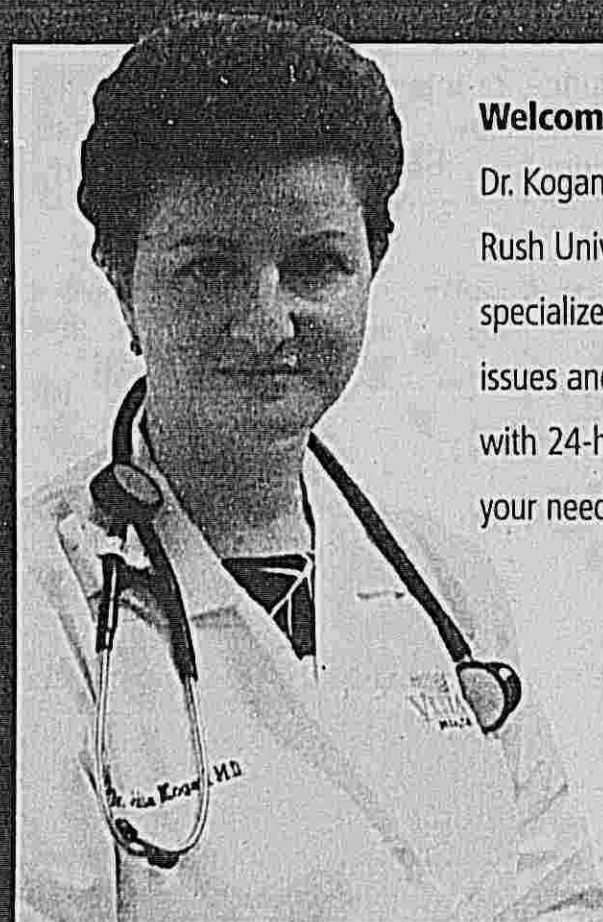
However, Thompson said that is inconvenient for many parents who rely upon schools to take care of their kids while at work.

Helander said she understands that it's a frustrating situation, but then she thinks of other countries, such as Iraq.

"We have it so well for voting in this country," she said. "It makes me realize we have to buck up and we may have to stand in lines."

Her medical training is in internal medicine.

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## ANTIOCH

# School puts money where its mouth is

Antioch elementary to participate in Campbell's Labels for Education program

ANTIOCH - Eat soup. Lots of it, if you want to get cash to Antioch Elementary School.

Students and staffers are participating in the Campbell's Labels for Education program once again. The campaign ends on June 1, 2007.

Whenever people buy and use a Campbell's Soup product, they clip off the proof of purchase and send it to the school. Using the front label is no longer necessary.

Each clip is worth a certain amount of points, which equals free merchandise such as computers, audio/visual equipment, musical instruments and more.

And now more than 150 soup products are worth 5 points each, enabling the school to reach its collection goals sooner.

For more information, call the school at (847) 838-8900 or visit [www.labelsforeducation.com](http://www.labelsforeducation.com).



## Determination finally pays off

### Waukegan man to receive \$9 million, clears name

By EMILY PREVITI  
epreviti@nwnewsgroup.com

WAUKEGAN - The corners of Alejandro Dominguez's mouth turn up as he glances at the voting machines just inside the north entrance to the Lake County 19th Circuit Judicial Courthouse.

Dominguez's eyes redden and moisten at points during the interview, but he cracks a smile twice.

He grins again when asked how he met his wife Heydi.

"She was curious because I was always alone," he said.

Six feet tall and soft-spoken, Dominguez wasn't playing the "strong and silent type" card. He kept to himself for eight years for fear he would lose his job, should someone find out his secret. A convicted felon and registered sex offender, Dominguez said he worked 12-hour days, six days a week to save money to hire a lawyer to revisit his case and clear his name.

Why? He didn't do it.

On Oct. 17 - 17 years after Dominguez's arrest and conviction for the rape of a local woman who has since moved out of the area - a jury ruled Dominguez should receive \$9 million from the city of

Waukegan for the hardships he suffered as a result of his mistaken conviction.

"It was like coming to a party and not being able to eat ... or [even] taste anything," he said.

The city would pay the verdict on behalf of now-retired Lt. Paul Hendley, against whom Dominguez filed a lawsuit in 2004.

But Waukegan's corporation counsel Bob Messini predicted an appeal.

"No one likes to see these things happen," Messini said. "[But] we feel there were some errors based upon our discussions with trial counsel. The first lap is finished ... [but] the legal system is still churning."

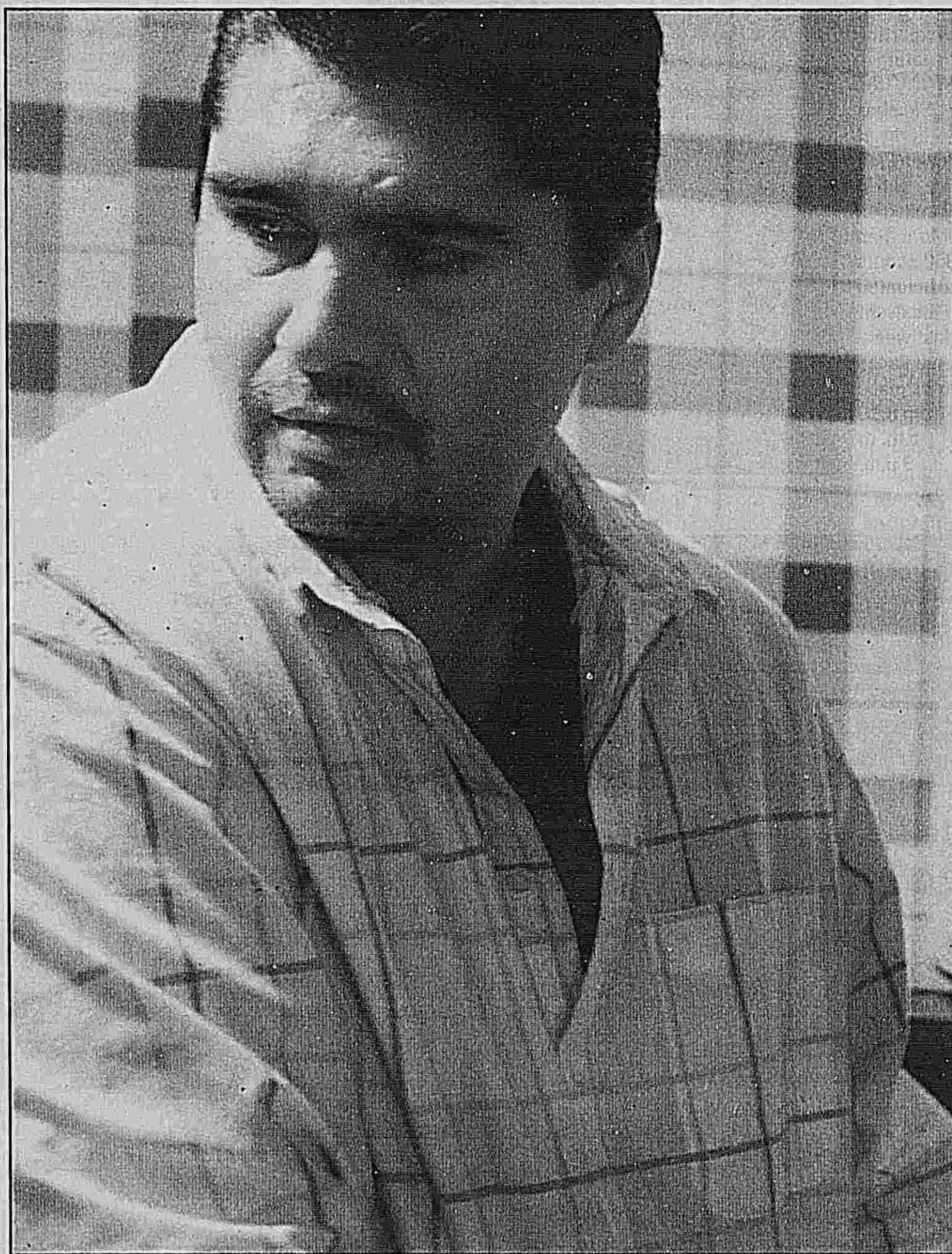
"What are they going to appeal?" Dominguez said. "It is wrong to do this to someone."

#### Moving on

Dominguez now works for a Chicago-based nonprofit called Centro Fronteras. The organization strives to help immigrants and inform society's debate regarding them.

Dominguez said he translates for new arrivals and helps them to navigate the path to citizenship.

See DOMINGUEZ, page A17



Annie Christie - achristie@nwnewsgroup.com

Alejandro Dominguez recounts the time he spent in a maximum security prison after being wrongfully convicted in 1989. His conviction was vacated in 2002, and Gov. Rod Blagojevich pardoned him in 2005.

## CASA event to raise funds for abused children

Abused and neglected children in Lake County will benefit when Rick's Cafe Americain opens in the tent at the Lincolnshire Marriott Resort on Saturday, Nov. 4, for the CASA Lake County annual fundraising gala.

The dinner, with dancing to the Roy Vombrack Orchestra, and silent and live auctions, is titled, "An Evening Under the Stars."

It is chaired by Susan Ahern and

Suzy Palmer, both residents of Barrington Hills and CASA Lake County Board members.

Lake Forest resident Robert F. Reusche will receive the second annual Terri Zenner Award for extraordinary service to children and the Lake County community.

The evening also will include a drawing for a Mercedes SLK 280 convertible roadster provided in partnership with

Knaus Auto Park in Lake Bluff. The raffle is limited to a maximum sale of 1,000 tickets at \$100 (or three tickets for \$250).

The lead sponsor for A Night in CASAblanca III is Abbott Labs. Tickets for the evening are \$250 a person, and may be purchased by calling the CASA administrative office at (847) 808-9154, or by visiting the agency's Web site, [www.casalakecounty.com](http://www.casalakecounty.com), and clicking on the event link.

Last year's event raised more than \$130,000 to benefit the advocacy services CASA provides to abused and neglected children who are in the Lake County Juvenile Court system.

Terri Zenner Greenberg, CASA's executive director, said the money raised by this year's gala will be used to train volunteers. They provide advocacy services for abused and neglected children from infancy to 18.



## Put your game face on

Scouts prepare themselves before participating in the Soapbox derby at Bowen Park Hill in Waukegan. More than 850 Scouts participated in the event last weekend. Races took place from 8:30 a.m. to 3 p.m.



Chris Padgett - cpadgett@nwnewsgroup.com

# Kids Hope United on hunt for fosters

Couple open home to children in need

By TARA CLIFTON

tclifton@nwnewsgroup.com

Brian and Norelia Hill know nearly everything about their five children. And they love talking about their little ones.

For example, Norelia said she is surprised that her 9-year-old daughter already has crushes on boys, and likes to talk on the phone.

Their 11-year-old daughter is mature for her age, Brian said, so he and Norelia are trying to teach her that it's OK to act like a child.

However, these two girls don't really belong to Brian and Norelia. Nor do their other children, aged 8, 3, and 2. They are foster children. But the young Waukegan couple, both in their early 30s, care for them as if they raised them from birth.

The Hills have been licensed foster parents for Kids Hope United for three years. The two had a hard time answering why they wanted to take on such a task.

"We wanted to," Norelia answered simply. Brian just tilted his head, thinking.

One thing they are sure of is their love for fostering and the great need for foster parents.

In fact, the need is so great that Kids Hope United hosted a Chicago-area campaign, "Change a Life," to recruit foster families.

Using brochures, pamphlets, posters, billboards, and television commercials, the social service agency aimed to make people aware of the children that are in need of a good family.

David Fox, one of the senior vice presidents of foster care for Kids Hope United, said the month-long campaign worked.

"It was gravy if we could get people to sign on," Fox said, "but our real goal was to get the word out there."

Many people called asking about the foster program, wanting more information as they considered participation, Fox said. This was more than what Kids Hope officials asked for.

"What [we] targeted hit home," Fox said.

Fostering was something that was a part of Brian and Norelia

## Want to be a foster?

David Fox, one of the senior vice presidents of foster care for Kids Hope United, said the process to become a foster parent is lengthy, and requires dedication.

Those interested should attend information meetings that Kids Hope United hosts, Fox said. Getting a license involves a full background check, interviews, classes, random case worker visits and more.

The biggest requirement, Fox said, is having a willing heart.

"We want just anyone who wants to provide a loving home and getting what [the kids] need," Fox said.

Hill's homes when they were growing up.

Brian came from a close-knit, small family, he said. His aunt and uncle fostered one child, and his parents took in two cousins for a time.

"I guess it was ingrained in me to help," Brian said. "Everybody had a history of helping each other."

Norelia grew up in a large Mexican, Catholic family. Her parents also gave her cousins a place to stay.

Norelia said she also saw the need for foster care, because of working as a patient care technician at the Cancer Treatment Centers of America. She often sat with abused kids who had been brought in.

Both said it is deeply rewarding to see the progress their foster children have made, and to see the efforts made by their parents to become better people for their kids.

For example, the 11-year-old girl's father "is really trying to get it together," Norelia said.

"It's really nice to see what he's gone through," Brian said, "and know we can be there to help."

Contrary to public opinion, adoptions through foster care rarely happen, and the Hills said the goal is to return the children to their parents.

But that doesn't mean the Hills aren't attached to their temporary residents.

"I rarely use the word foster," Norelia said. "They've become family to me."

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# Organizations' help, DNA evidence get local man's life back on track

## • DOMINGUEZ

Continued from A15

That journey is one Dominguez has yet to complete. Although the rest of his family claimed citizenship through his father in 1992, Dominguez's will not finalize until 2007. His felon status caused the delay.

Dominguez, who completed his secondary education in Joliet Prison, said he plans to use money from the verdict to pay for law school. He wants to become a criminal defense attorney.

About a dozen Waukegan residents with similar plights have approached Dominguez since 2002.

"Many bad things have happened [to] many people [and they] all have different stories," he said. "This is mine."

## Case history

Dominguez, now 33, arrived in the United States from Mexico at age 14. About two years later, he was arrested, convicted and sentenced on the charge of rape.

According to transcripts from Dominguez's 1990 trial, officers showed the victim a book of mug shots at the police station, but she did not recognize her attacker.

Officers then presented the victim with a "show-up" lineup—Dominguez standing alone—in the security office at the apartment complex, according to the victim's testimony.

The victim described her attacker as a 5-foot-8-inch Latino male who threatened her in English. She also said he had a tattoo, moustache and earring in his left ear. Dominguez could not speak English at the time of his arrest. And, Dominguez's ear was not pierced, according to Hendley.

Waukegan attorney Jed Stone, who represented Dominguez in 2002 when his conviction was overturned, said his client also lacked a tattoo.

"If lawyers are going to let [such evidence] slip by, then all of us aren't safe from wrongful convictions," Stone said.

Judge Harry Hartel, now deceased, convicted Dominguez in 1990.

## Barred from normalcy

"Jail was not jail for me; it was hell," Dominguez said.

After prison, Dominguez had to register as a sex offender. This

made landing a job difficult, and prompted a month-long detention at the U.S. Immigration and Naturalization Services.

Throughout Dominguez's time in prison, his father worked as a janitor in the Lake County Courthouse. He would ask people how to help his son, said Dominguez's attorney Mark Loevy-Reyes.

Dominguez hired Stone. In 2002, DNA tests revealed that Dominguez had not committed the crime, and Judge Raymond McKoski vacated his conviction.

In 2004, Dominguez filed a lawsuit that launched accusations against the victim, a security guard at the apartment complex where she and Dominguez both lived, and the officers who handled the investigation. Those claims included conspiracy and police misconduct.

The suit also accuses city and police officials of knowing about officers' failure to adhere to investigation policies.

Messini pointed out that none of the charges against the city made it to trial.

Loevy said Dominguez sought unspecified damages. The amount of the award speaks to the jury's perception of the degree of injustice that Dominguez experienced, Loevy explained.

## Looking ahead

On Oct. 22, Dominguez chopped garlic in preparation for dinner.

As he diced, he remembered the embarrassment of probation officers' visits through the years. "I just want[ed] to live in peace," he said.

In the dining room, his eight-year-old son layered sand to make a rainbow inside a plastic jar. Heydi flashed vocabulary cards at her four-year-old daughter, who clung to a mechanical toy monkey.

Dominguez recalled funneling pay checks into his court battle. At times, he said, this meant forgoing new toys for his kids at Christmas.

"We've lived just for this," Heydi said. "The conviction, the courts, lawyers."

Dominguez said he has not experienced animosity at the hands of police in the city, nor has he received an apology from any officials regarding his wrongful conviction.

"To apologize, that is not going to erase 17 years," Dominguez said. "It was like carrying some kind of disease."

## Research finds numerous reasons for wrongful convictions

While Alejandro Dominguez's story inspires a mixture of disbelief, admiration and outrage, it should not surprise.

A search on Google News turns up wrongful conviction suits from Vermont to Arizona.

Reviews also have given much ink to John Grisham's "The Innocent Man" in recent weeks.

And "The Trials of Darryl Hunt," a documentary featured at this month's Chicago Film Festival, highlighted Hunt's two decades in prison for a mistaken murder conviction.

On average, the wrongfully imprisoned serve 12 years, according to the national Innocence Project.

Hunt started a project in his namesake to spread the word about our criminal justice system's flaws, advocate those who have been wrongfully imprisoned, and help them upon release.

In 2002, Connecticut established a state-wide innocence commission. According to Eric

Ferrero, spokesperson for the national Innocence Project based in New York, four states have since followed suit: California, Illinois, North Carolina and Wisconsin.

Larry Golden, professor emeritus of political and legal studies at the University of Illinois at Springfield, co-directs the Downstate Illinois Innocence Project.

Dominguez's conviction, according to evidence presented during civil proceedings this month, might have been prevented. The Lake County State's Attorney's office witnessed questionable conduct by Lt. Paul Hendley, the now-retired Waukegan police officer who arrested Dominguez.

According to a memo presented as evidence during this year's proceedings, the state's attorney's office red-flagged Hendley's handling of investigations in 1987, two years before Dominguez's arrest.

Tunnel vision—the tendency for law enforcement officials to

focus on a subject quickly after the crime occurred—and politics complicate matters, Golden said.

"Most officers probably do an adequate job," Golden said. "But there are problems."

He also emphasized the need to level the playing field for those who lack resources for adequate legal representation.

The Innocence Project also tallied factors that led to wrongful convictions in the first 130 convicts who were exonerated by DNA evidence from 1989 to 2003.

It ranked mistaken identity at the top, with 101 wrongful convictions linked to that causality.

False confessions, microscopic hair mismatches, misinformation from informants, and DNA inclusions—when DNA supposedly proves guilt, but has been subject to lab error or is fraudulently presented—round out the investigatory irregularities that can land innocents in prison.

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## Our View

# Politicians spit out Twinkie lobby

Everyone agrees that junk food is not good for kids.

If it were good for kids, it would be called something else, such as healthy food, or fruits or vegetables.

Recently, a state legislative committee voted, 8-4, to ban soda, chips and candy in vending machines at elementary and middle schools. The vote reversed a 10-1 vote in April against the ban.

Why the flip-flop? Look at the calendar. An election is forthcoming Nov. 7, and now politicians can say, "See, I'm battling junk food."

"For some reason, they have ants in their pants; it may have to do with a Tuesday in November, and that's not the way to make public policy," said Republican Sen. Steve Rauschenberger, who voted against the measure and is retiring from the Senate.

Rauschenberger is right. And hopefully voters will not be fooled. No one is in favor of children eating junk food or having an unhealthy diet. And there is a discussion to be had about school lunch programs

and the nutritional requirements that exist for them.

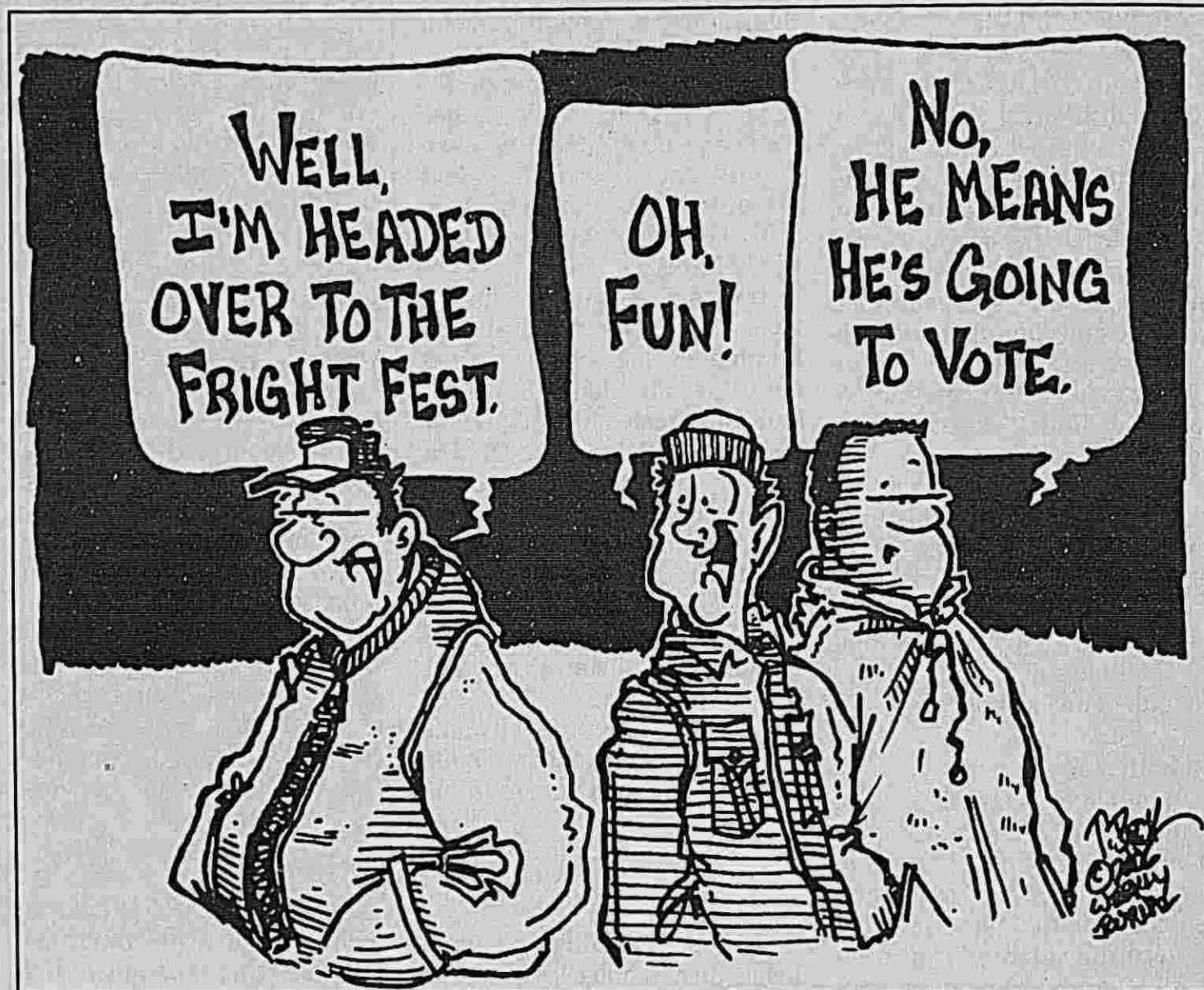
But this is an example of politically motivated, feel-good legislation at its worst. This is not an issue for state government. Local school boards should decide what food to have in cafeteria vending machines.

The new rule will allow nuts, seeds, fruits, nonfried vegetables or low-fat yogurt products, but food in which calories from fat exceed 35 percent would be banned. The rule for drinks allows whole, 2 percent, low-fat or nonfat milk or alternative dairy beverages, such as soy or rice milk.

Predictably, grandstanding Gov. Rod Blagojevich trumpeted his triumph over junk food.

"This was a long hard fight," Blagojevich said in a statement. "We met plenty of resistance along the way."

Ah, yes, the forces of junk food are tough. The Twinkie lobbyists alone are quite mighty, but Blagojevich was able to vanquish them. Now, if he could only defeat the evil forces of violent video games.



## Seeing it Through

# War in Iraq is No. 1 election issue

It is just more than a week before the general election. Every election, candidates will tell you that their election would be the most important one ever.

But this time, I believe that this will be the most important election. Not for the candidates, but for the country.

Why is it so important? The Iraq War. How the war was started, how it has been handled or rather mishandled, and how it is that 80 percent of the Iraqi population now want us out of their country; all of that has sunk in with the American public. Polls show that at least two-thirds of Americans believe that the Iraq War is the major issue in the Nov. 7 election.

The credibility of the United States has been so damaged by the Iraq War that it will take major changes in policies, in direction, and in leadership to regain our stature in the free world. That is why the congressional races across the country are so important. If there is not

a change in the one-party dominance of Congress, it would symbolize to the world that President George W. Bush's policies are supported by the public and will be rubber-stamped by Congress.

I don't know of any time when it has been more important for American citizens to challenge the country's leadership, so that we can change the direction of the country, both internationally and domestically. That's our right in a democracy, and things have gone so absolutely wrong, I almost believe that it's our duty.

After the Sept. 11 attack of the World Trade Center, we were united as a country when we attacked al Qaeda in

Afghanistan. That's where we belonged, that's where Osama bin Laden operated from, and that's where we should have remained "to accomplish the mission" against terrorism. And the president time and time again claimed that he was a "uniter and not a divider," but has done more to divide us.

When President Bush diverted our troops to render a pre-emptive strike at Iraq, all went wrong. No weapons of mass destruction were ever found. The foundation for the attack was based on flawed intelligence for one, and for another a reckless virtually "go-it-alone policy." And after the "mission accomplished" banner was waved prematurely, there was no planned exit strategy for what was supposed to be a post-Iraq liberation. The result has been confusion, chaos, continued casualties, and a probable civil war in the country.



John S. Matijevich

# Letters to the editor

Besides traditional mailed letters, Lake County Journals accepts letters by fax and e-mail. Limit letters to 250-300 words and include your name, address and daytime phone on all letters.

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**LAKE COUNTY JOURNALS**



Snapshot Your thoughts on this week's hot topic

"Do you think the upcoming election influenced the recent drop in gas prices? Why or why not?"



"Yes, it's all political. The politicians push to have it lowered to get votes."  
**Ioana Matei Maier**  
Round Lake



"Yes, of course. It only dropped once the election talk started."  
**Rosy Muñoz**  
Zion



"Yes, that and there's all the excessive corporate windfall profits of oil companies."  
**Jeff Tyllkowski**  
Gurnee



"I'm suspicious of it. It's awfully coincidental that it's happening around the same time."  
**David Mateja**  
Wadsworth

Partylines compiled by staff reports

# Democratic candidate won't endorse Blagojevich

Sharyn Elman, Democratic candidate for the seat in the 62nd State Representative District, announced recently that she will not endorse Gov. Rod Blagojevich in his re-election bid.

She cited "irresponsible fiscal decisions made throughout the administration's tenure, on top of recent indictments," as reasons for her decision.

"Blagojevich has made poor fiscal decisions throughout his term," Elman said in a statement. "He has continually risked the state's financial future with quick schemes that sell off state assets. The new corruption allegations are just another reason for voters to remain skeptical when going to the voting booth."

This year, Blagojevich proposed selling off the lottery as a means to pay for education. Antoin "Tony" Rezko, a top fundraiser for Blagojevich, was indicted earlier this month for allegedly leveraging relationships with high-ranking officials in attempt to extort millions of dollars from investment firms that wanted to do business with the state.

Elman said she would not endorse ei-

ther gubernatorial candidate, stating that her district needs independent leadership instead of a political insider to lower taxes and fund education.

Elman joined conservative Democrats such as State Rep. Jack Franks, D-Woodstock, and state senate candidate Dan Kotowski in criticizing the Blagojevich administration's decisions.

"If investment firms are willing to cough up hefty political contributions to get a state contract, it's obvious the contracts they are receiving are bloated," Elman said. "The governor has raised over 300 taxes and fees on businesses and individuals while in office. Our hard-earned money and the money earned by local businesses should not be used to subsidize his political coffers. At the beginning of his term, he promised to end business as usual, but this is worse than business as usual. We need leadership and reform in Springfield."

## Giuliani revs GOP

The call could be heard from the back of the crowded banquet room at a

Schaumburg hotel.

"Giuliani for President" was the shout, a cry to which no one in the audience of 400 voiced an objection. Former New York City Mayor Rudy Giuliani made an appearance on Oct. 5 before the party faithful on behalf of Republican Congressional candidate David McSweeney for the 8th Congressional District.

McSweeney is battling for the seat of incumbent U.S. Rep. Melissa Bean, D-Barrington, as well as taking on third party hopeful Bill Schuerer.

"I will fight for reform when I get to Congress. There should be zero tolerance for people like Mark Foley. We need enforcement of the laws to protect our young people," McSweeney said, referring to the scandal that has the GOP leadership answering questions about the former Florida Congressman Foley and teen pages.

McSweeney, of Barrington Township, repeated his common themes of low taxes to spur economic growth during the Schaumburg rally. He said Congress

should cut its own budget by 25 percent, setting an example for the rest of the nation.

Giuliani said that these local Congressional races also are national races on the War on Terror.

"When I was mayor, it was all about delivering services, such as garbage and snow removal. Then Sept. 11, 2001 happened," he said. "At the White Sox-Yankees game that night, I saw a sign, 'Chicago Loves New York.' Mayor [Richard] Daley was a great help and we had more help from Chicago than anywhere. We have to remain aggressive on the War on Terror. What happens on election day will make a difference in the next two years."

"I challenge Bean to 10 more debates, so that the true story can get out," McSweeney said.

With that, several backers left the rally grabbing green and white McSweeney signs on their way out to plant in their yards throughout Lake, McHenry and Cook counties. The home stretch was well under way.

# Federal deficit showcases acceptance of reckless spending habits

## MATJEVICH

Continued from A18

Bob Woodward's book, "State of Denial" pounds the final nail in the "coffin of mistruths" fed to the American public, and the world. He claims that since the onset, and to this day, the Bush administration continues its state of denial and misleads the American public on how bad things really are in Iraq.

Finally, political leaders and many retired generals are telling the American public how we have been "misled" by the Bush administration. I'm sorry. Misled isn't the right word. We were "lied to," and in what some like to call "spin," we have been "lied to" many times over. The Bush operatives made a calculated decision that overtaking Iraq would be a

"cakewalk," and they could sell the American public on it every step of the way. They can't spin the truth any longer and the American public wants our troops home as soon as possible.

I guess you can understand why I believe that this election might be the most important ever.

Although not as important as Iraq, there are other strong reasons why there should be new and inspired leadership in Congress. The reckless, unprecedented spending and the uncontrolled federal deficit cannot be tolerated.

It always bothered me that President Bush's political guru, Karl Rove, unabashedly said in the 2004 campaign that the huge and mounting federal spending was no problem. He said that federal spending is so complex that the American public can't

understand it. He's saying that, for government spending, the sky is the limit, because the more they spend, the more the public can't comprehend the enormity of it.

In a way, he's right. It is complex. But for the administration to spend more because of it is ridiculous and irresponsible. What isn't complex is that the president could have exercised his veto pen on some of the posterous spending bills. In six years, no veto at all. Nothing complex about that.

Yes, a new Congress must establish a high priority to curb spending and the deficit. I recall when I was on a House Appropriations Committee, I tried to dramatize to the committee the heights that reckless spending can go. Somewhere, I gathered a statistic, and I always kept it to remind me how

government can go to extremes.

If you have a stack of \$1,000 bills in your hand only four inches high, that would make you a millionaire. Now, a trillion dollars would be a stack of \$1,000 bills 76 miles high. I guess that Congress is trying to reach the federal deficit to go across the country.

So, enough of these sound-bites about being a compassionate conservative. Even some of Bush's conservative supporters have begun to recognize publicly that he and the GOP majority have been reckless spenders and have not trimmed government, but bloated the bureaucracy.

The third of the "big three" of issues in this election is "Corruption in Washington." With so much publicity that has been generated by the Abramoff lobbying scandal, the "page

scandal," and how the majority party of Congress has mishandled the ethics issues, I don't know if more has to be said to show that real changes and new leadership are necessary.

As long as Congress is left to investigate its own membership in alleged acts of wrongdoing, don't expect an ethics panacea. The recent events have shown that the majority was more interested in protecting the electability of its membership than in reigning in the "pay-to-play" lobbying environment. The fact that the page scandal was allowed to continue for so long was even more senseless.

There are so many other issues that could be discussed, but I wanted to stress the three, which I believe are overriding the minds of the American public. And far above all is the Iraq War issue.



## NORTH CHICAGO

# Area students march to spread awareness

By MATT PERA  
mpera@nwnewsgroup.com

**NORTH CHICAGO** – The voices of about 40 children mixed to create a combined buzz reminiscent of a playground at recess.

Laughter and excited conversation filled the air as the students gathered with volunteers outside the Neal Math and Science Academy, in North Chicago on Oct. 20.

And when they began to make their way off school grounds, complete with signs, bright orange balloons and a police escort, their voices blended to convey one simple message – “Stop the violence.” The chant carried throughout the neighborhood just east of the academy as the group marched along Argonne Drive.

The parade represented the grand finale to the YWCA Lake County's “Week Without Violence.” The students, all of whom participate in the organization's North Chicago School Age Program, chose the event as a way to spread the message of peace that they had learned throughout the week.

“We can influence people not to be violent,” Alexis Felix, 11, a student at Novak-King Middle School, said.

Morgan Conn, 9, a student at South Elementary School said he participated in

the parade to, “tell people to stop doing violence.”

Students carried signs that read “Stop. Killing. People.” and “Don't Shoot, I Want to Grow Up,” along with several homemade signs created for the parade.

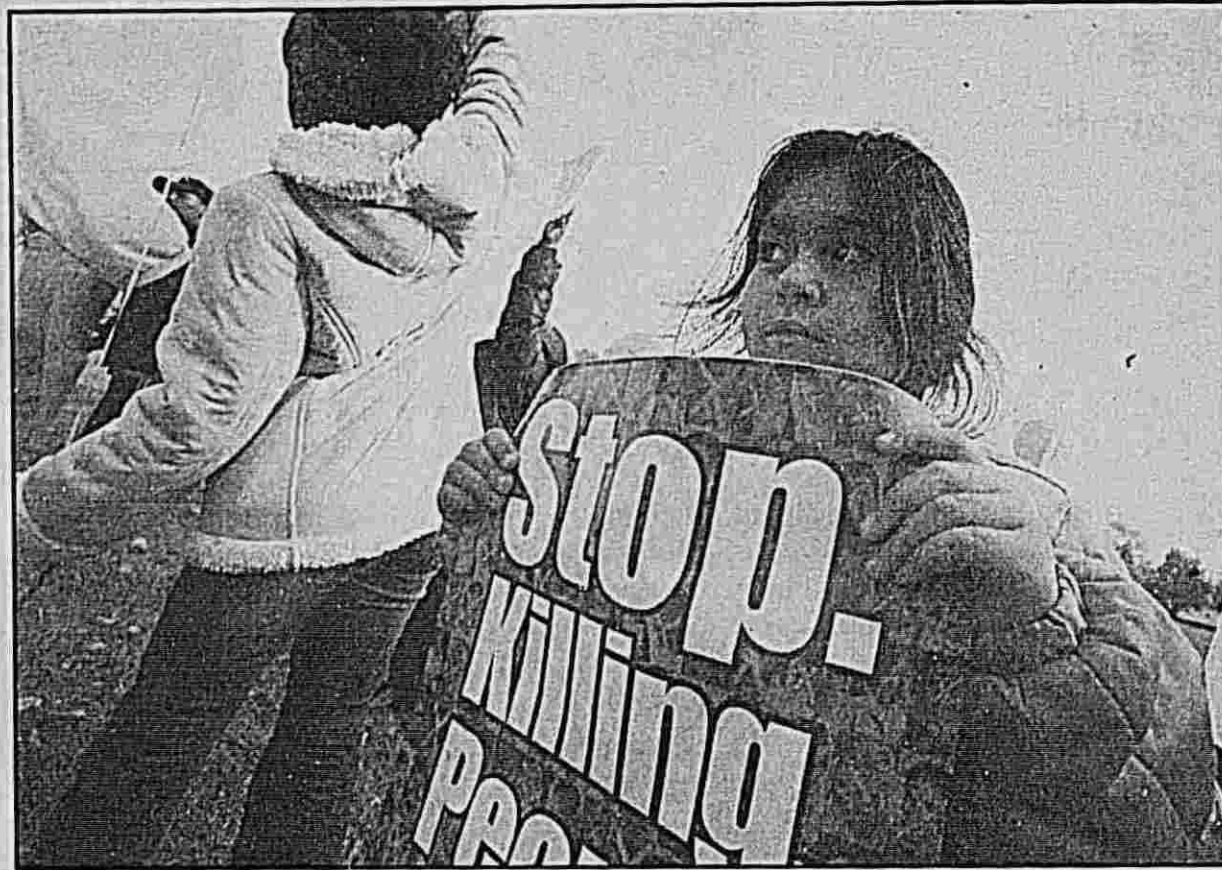
JoAnn Carpenter, North Chicago Program Director for the YWCA Lake County, said students explored the harmful effects of violence, and how to put an end to them, during the “Week Without Violence.” They wrote letters to their principals about school safety, created posters and participated in several discussions about issues surrounding violence in their communities.

“Unfortunately, the world is such a violent place,” Carpenter said. “But, fortunately, these children, like so many people before them, have a passion to make a difference. And that's where I come in. I empower them to be change agents.”

Children from throughout North Chicago Community Unit School District 187 participate in the year-round school age program, based at Novak-King.

Representatives from the Chicago-based Cease Fire organization, a group focused on curtailing violence in neighborhoods through outreach and public education, joined the students for the parade as well.

Cease Fire member MacCaren Whyte



Sandy Bressner - sbressner@nwnewsgroup.com

Magaly Costa, 6, a participant of the YWCA of Lake County's school-age program, takes part in the program's parade to help stop violence. The parade took place in North Chicago and was the culmination of the YWCA's Week Without Violence.

explained that events such as the “Week Without Violence,” were important because they made an impression on children in elementary and middle school and created events and dialogue that inspired

them to stay away from negative influences.

“You've got to get them young,” he said. “It's good for us to get into their lives at this age right here. Younger, if possible.”

## ● Letters to the Editor

### Fan of the chief

To the Editor:

I always enjoyed seeing the “Chief [Illiniwek, University of Illinois mascot],” and not for a minute did I see anything degrad-

ing or mean-spirited in his exhibitions.

In fact the “Chief” always gave me actual chills of appreciation for his skills and the way he honored all American Indians.

I agree that the controversy has gone on too long, but I object and regret that political correctness will be used to settle this matter.

Warren D. Anderson  
Wauconda

### She'll do one job right

To the Editor:

I've read about Ed Sullivan in the paper lately and I think everyone is missing the main problem about this man; he has two jobs. He's the Fremont Township tax assessor as well as our state representative.

Nobody can hold two jobs and do both properly. I know because I worked two jobs for a short period. It was exhausting. I would come home from one job, get dinner, then go to my second job for another shift. I found that it was almost impossible to give your all to both jobs; you end up cutting corners somewhere or neglecting your family. Ed, how do you do it?

He can't, that's the answer. So I'm going to be voting for Amanda Howland to replace him on one of his jobs: state representative.

Amanda is committed to doing the job full time. When she's not in Springfield, she'll be in the district helping citizens get what they deserve out of government and looking for needs to address in the legislature. I say, do one job and do it right. Amanda can do that because she'll have only one job – representing us.

Mary Maillard  
Mundelein

### New sheriff needed

To the Editor:

Sheriff Gary Del Re must not be re-elected this November. It's that simple.

After a three-year, high profile investigation, we find that his office is in total chaos with no financial checks and balances, no financial supervision, failure to follow even the simplest accounting procedures and financial records that are in disarray. This kind of management, or lack of management, is simply not acceptable behavior for anyone, let alone an elected official. In the corporate world, he would be fired. Thank goodness,

we have the means to clean up the sheriff's department.

The sheriff's office should be thought of in the highest regard, without a hint of impropriety. Sadly, that is not the case today, and it is our responsibility to take action and elect a new sheriff.

Sarah C. Renz  
Vernon Hills

### Curran vs. Curran

To the Editor:

On criminal defense attorney Mark Curran's Web site he promotes himself as a defender of the worst of the worst criminals, including sexual misconduct and child predators? On his campaign for sheriff Web site he works to convince us that he'll put these criminals behind bars? Which Mark Curran would we be voting for? The defender of Christopher Hansen or the protector of Hansen's teenage victim.

I've made my choice, I'm voting for Sheriff Gary Del Re.

Kauri McKendry  
Lake Bluff

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LAKE COUNTY  
**JOURNALS**



# HEALTHWATCH

Page A21

LAKE COUNTY JOURNALS  
Friday, October 27, 2006

## LAKE COUNTY HEALTH DEPARTMENT/ COMMUNITY HEALTH CENTER

### Health Department offers free breast and cervical cancer screen

Free breast and cervical cancer screenings are offered to eligible Lake County women through the Illinois Breast and Cervical Cancer Program (IBCCP), located at the Lake County Health Department/Community Health Center. Through the Program, women can receive, at no cost to them, a complete medical examination, a clinical breast exam and a pap test, as well as referral for a free mammogram at a local hospital. Ongoing yearly exams and medical follow-up are provided.

To find out if you are eligible, please call the Health Department at (847) 377-8430.

### Crisis counseling available

The Lake County Health Department and Community Health Center offers walk-in and telephone crisis counseling and referrals for Lake County residents experiencing emotional stress. This is a service of the Crisis Care Program, 3002 Grand Ave., Waukegan. Counselors are available 24 hours a day. For assistance, call 847-377-8088. (A TDD, hearing impaired phone line is also available at 847-360-2905.)

## Solving stress for swamped students

Most working adults long for the carefree days of their youth, when schedules weren't so strict and time seemed to be on your side instead of something you raced against every day. While those carefree times might have been the norm for Baby Boomers and others now well established in adulthood, for many of today's students time is not as much of a friend as one might think. Students often have activity schedules as busy as their parents', in addition to a slew of other responsibilities.

Though part of being an adult is learning to successfully juggle responsibilities, students, particularly high-school students, can buckle under the pressure of lifestyles that some educators and parents alike feel have grown far too active. As a result, students may need a little more help coping with stress and approaching their increasingly large list of responsibilities.

• Take breaks. Many adults have found that taking breaks during the workday is a good way to keep energized and relieve stress. The same approach works for students as well. Studying for too long without taking a break can be counter-productive; concentration will begin to wane after too long and students won't retain as much information. Taking a break for a refreshing jog or just grabbing a snack and relaxing is key. Students should avoid watching television, as they might come across a long movie or ball

game and cost themselves needed study time.

• Track down the cause of stress. Adults can typically trace the source of their stress to the office. While it can be tough for adults to admit to being too stressed to their boss, students should have no such fear. In an attempt to form an impressive resume for prospective colleges, many high-school students take on far too many activities. Students who feel as though they're being pulled in too many directions should drop an activity or two. For instance, playing a varsity sport while holding down a part-time job and having a full course load is simply doing too much. If class is getting to be too much to handle, students should consult a teacher and explain the situation.

• Talk it out. While parents want their children to do well in school and other activities, most parents would admit they primarily want their children to be happy. Students feeling overly stressed should talk to their parents about what's stressing them out. If parents are unavailable, they can talk to anyone else who might be a good listener, such as a teacher, counselor or older sibling. Many times, relieving stress can be as simple as getting something off your chest, and talking about what's bothering you can be an effective way to do just that.

• Exercise and eat well. Time and again, studies have proven



Adults aren't the only ones who experience stress. In this fast-paced educational environment, many children also undergo high levels of stress.

the mental benefits of exercise. In addition to health benefits, exercise generally puts people in better moods, making them more capable of coping with stress in the process. Part of that is because exercise relieves muscle tension, which can build up greatly in individuals suffering from significant stress. In addition, the negative effects of stress can be weight gain and other damaging physical effects, making exercise especially important for those under constant stress. Eating well, while largely uncommon among high school students, can also help reduce stress, as a balanced diet will provide both the energy and

nutrients necessary to handling a full load.

• Try looking at things from a different perspective. This can actually be easier for the young than for the older, who have had more time to grow into and get used to their perspective on life, school, work, etc. Young students who are feeling stressed out should try and discuss their situation with someone who doesn't necessarily share their perspective. While the things that are important to a student are so for a reason, if he or she is feeling stressed out perhaps approaching those things in a different way is worth the try.



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# **DONALD T. GORSUCH**

Born: April 8, 1936

Died: Oct. 17, 2006

He was a union truck driver for over 35 years

LAKE VILLA - Donald T. Gorsuch, 70, of Lake Villa, formerly a long time resident of Round Lake Heights, died at his residence on Tuesday, Oct. 17, 2006. Donald was born April 8, 1936, to Francis and Viola Sturgeon Gorsuch. He was a union truck driver for over 35 years, an owner/operator and a member of Teamsters Local 731 and Teamsters 301. He also leaves behind his many friends at Lakewood Tower and his many feline friends.

Survived by his children, Linda Snyder of Kenosha, Wis., Diane (Jeff) Meyer of McHenry, Judy (Harry) Rodriguez of Kenosha, Wis., Mike (Rebecca) Gorsuch of Gurnee, Mark (Marion) Gorsuch of Fox Lake, Michael "Tip" (Diane) Gorsuch of Mundelein, Stanley (Nancy) Gorsuch of Spring Grove, Adam (Robin) Gorsuch of Winthrop Harbor and Matt (Donnie) Gorsuch of Lake Villa; grandfather and great-grandfather to many; and a brother, Frank Gorsuch of Corpus Christi, Texas. Preceded in death by his wife, Jean, on April 17, 1992; and his son, John; and three sisters, Ida, Betty and Patricia.

Visitation was on Oct. 19 from 6 to

9 p.m. at the Justen's Round Lake Funeral Home. The funeral was held on Oct. 20, at 10 a.m., in the funeral home, with Rev., Lyle Kauffman officiating. Interment was at Ridgewood Cemetery in Des Plaines. Memorials to the Save-a-Pet would be appreciated.

# **ELIZABETH 'BETTE' (ROSENE) PHALIN**

Born: Aug. 9, 1921

Died: Sept. 14, 2006

Worked as a bookkeeper for Lakeland Publishers

WALTHAM, MASS. - Elizabeth "Bette" (Rosene) Phalin, age 85, formerly of Grayslake and Waukegan, died on Thursday, Sept. 14, in Meadow Green Skilled Nursing Facility in Waltham, Mass., due to complications following valve replacement surgery.

The daughter of the late Edward G. and Myrtle E. Wolthausen, Bette had three brothers, Lewis, Calvin, and Edward. She married Lowell C. Rosene on Sept. 3, 1941. Bette worked as a bookkeeper for Lakeland Publishers (Grayslake Times). After Lowell's death (Nov. 21, 1968), Bette remarried in 1971 to Harold J. Phalin. Harold died on March 7, 1990.

Bette is survived by two of her brothers, Calvin and Edward; her two chil-

dren, Douglas Lowell and Deborah K.; stepchildren, Diane and Monica; as well as five grandchildren; and seven step-grandchildren. She also leaves behind nine great-grandchildren and many circles of friends.

A memorial service will be held at Strang Funeral Chapel & Crematorium, 410 E. Belvidere Rd., Grayslake, on Saturday, Nov. 4, visitation starting at 1 p.m. and services at 2 p.m. A memorial celebration/gathering is also planned for Dec. 27 in Fairway Village, Largo, Fla. In lieu of flowers, donations in Bette's memory can be made to the American Heart Association, 208 S. LaSalle St., Chicago, IL 60604 or the American Lung Association, 3000 Kelly Lane, Springfield, IL 62707. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

# **EDWARD W. MANNING**

Born: Aug. 11, 1929

Died: Oct. 21, 2006

Was a member of Delta Waterfowl and a former member of Ducks Unlimited



WAUKEGAN - Edward W.

Manning, 77 years old of Waukegan, passed away suddenly, Saturday, Oct. 21, 2006 on arrival at Aurora Medical Center in Kenosha, Wis. He was born Aug. 11, 1929 in Chicago, the son of the late Edward and Beatrice (Decker) Manning, moving to Antioch in 1964 and to Waukegan in 1977. Ed served in the U.S. Army, in Germany, during the Korean War and was an avid duck hunter and fisherman. He was a member of Delta Waterfowl and a former member of Ducks Unlimited. Before his retirement, he worked for 30 years for Anheuser-Busch as a driver salesman, in Chicago and later in electronics for Fujitsu America in Lake Bluff and Advantest of Lincolnshire. On Feb. 11, 1977, he married the former Judith Maleck in Waukegan.

Survivors include his wife Judy; two sons, Mark of Antioch and Joseph (Deborah) of Lake Forest; three daughters, Mary (Steven) Otto of Berthoud, Colo., Melinda (John) Murray of Oak Park and Deanne (Allen) Liebert of Winthrop Harbor; a brother, Gordon "Don" (Chris) Behrendt of Lombard; a sister, Patricia (Phil) Kronke of Camp Douglas, Wis.; eight grandchildren, Mandi, Michelle, Sarah, Hannah, Emma, Brittney, Joey and Ryan and many nieces and nephews. He was preceded in death by a son, William

and a sister, Jean.

The funeral was held at 10 a.m., Oct. 25, at the Strang Funeral Home of Antioch. Interment was in Mt. Carmel Cemetery in Antioch. Visitation was from 4 to 8 p.m., Oct. 24 at the funeral home. Friends desiring may make contributions, in his memory, to the Antioch Rescue Squad, Antioch, IL 60002 or Delta Waterfowl, P.O. Box 3128, Bismarck, ND 58502. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

# **AMANDA GRACE ROCKENBACH**

Died: Oct. 17, 2006

Celebrated her 3 month birthday with her family

Amanda Grace Rockenbach, beloved daughter of Russ and Lisa Rockenbach and cherished sister to Rebecca, Jessica, and Samantha, passed away peacefully in her parents' arms on Tuesday, Oct. 17 at her home. She recently celebrated her 3 month birthday with her family. While her time here was short, she was loved by many.

Survivors include her aforementioned

See OBITUARIES, page A24

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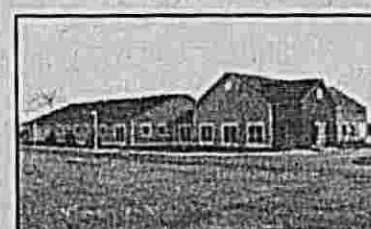
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# OBITUARIES

## OBITUARIES, continued from page A23

tioned parents and sisters; her loving grandparents Terry and Marge Rockenbach, Pat Rockenbach, and Linda and Wolfgang Gonderman; her great-grandparents Charlene Rockenbach and Edna Kerkstra; and many aunts, uncles, and cousins. She was preceded in death by her grandfather, Jack Zeilenga and great-grandparents Ray Kerkstra, Ray and Virginia Rockenbach and Doug and Laura Graham.

A funeral service is scheduled for 10 a.m., Saturday, Oct. 21, 2006 at The Chapel, 1200 American Way, Libertyville, IL 60048. Interment will follow at Highland Memorial Park in Libertyville. Friends of the family visited from 4 to 8 p.m., Oct. 20 at Strang Funeral Chapel & Crematorium, in Grayslake. Memorials may be made to the Grayslake Lions Club, P.O. Box 201, Grayslake, IL 60030 or Seasons Hospice, 606 Potter Rd, Des Plaines, IL 60016. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## HAIM G. NAGIRNER-WEINSTEIN

Born: June 15, 1920

Died: Oct. 20, 2006

*Served with the U.S. Army in the Philippines during WWII*



GREEN OAKS – Haim G. Nagirner-Weinstein, age 86 of Green Oaks, passed away Friday, Oct. 20, 2006 at the V.A. Medical Center in North Chicago. He was born in Worcester, Mass. He became a member of the faculty at the V.A.M.C. as a senior Biomedical Scientist in Chicago and North Chicago.

Surviving are his sister, Althea Sheff of Laguna Woods, Calif.; four nieces, and his professional colleague of more than 23 years, Moira Breen of Libertyville. He was preceded in death by his wife, Shirley Jane Weinstein, a retired informational scientist at Abbott Laboratories and also by his brother, Bernard Weinstein.

Visitation began at noon, followed by the funeral at 1 p.m. on Oct. 24 at the Burnett-Dane Funeral Home in Libertyville, with Rabbi Scott Looper and the Rev. Mark Strong, officiating. Interment followed at Rosehill Cemetery in Chicago. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## THERESIA WEISS

Born: Dec. 13, 1924

Died: Oct. 20, 2006

*Was a member of the German American Club in Antioch*

ANTIOCH – Theresia Weiss, age 81 of Antioch, passed away Friday, Oct. 20, 2006 on arrival of St. Catherine Hospital in Pleasant Prairie, Wis. She was born Dec. 13, 1924 in Ponchava, Yugoslavia. On May 15, 1946, she married Anton "Tony" Weiss in Austria and he preceded her in death on May 23, 1993.

Survivors include a son, Frank (Kathleen) of Homer Glen; and a daughter, Gloria (John) Gollon of Salem, Wis.; a brother, Andrias and a sister, Lisel both in Germany; five grandchildren; and six great-grandchildren. In addition to her husband she was preceded in death by a son, Tony and a sister, Helen.

The funeral was held at noon on Oct. 26, at the Strang Funeral Home of Antioch, with visitation beginning at 10 a.m. Burial was in Home Oak Cemetery in Antioch. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## IRIS L. DORNER-KRUPA

Died: Oct. 20, 2006

*Former Village Clerk for Lake Villa*

HELENA, ALA. – Iris L. Dörner-Krupa, age 87, formerly of Lake Villa, passed away Friday Oct. 20, 2006 in Alabaster, Ala.. She was a resident of Helena, Ala.

A former secretary for Grayslake High School, Iris was also a Lake Forest Police Dispatcher and a former Village Clerk for Lake Villa. She was a lifetime member and past president of the Women's Auxiliary of VFW Post 4308. She was one of the original and lifetime members of Prince of Peace Catholic Church in Lake Villa.

She is survived by: her son Rudy (Susan) Dörner; her daughters, Pat (Ken) Stender, Barb (Jeff) Manley; her grandchildren; her great-grandchildren; her special nephew, John Crokin and his wife, Dee, with whom she spent her last years, and by many other special friends and relatives. Iris was preceded in death by her husband, Rudolph Dörner, by her second husband, Laurence Krupa, and by her brothers and sisters

Chapel prayers will be said at 9:30 a.m. Friday, Oct. 27, at Ringa Funeral Home, 122 S. Milwaukee Ave (Route 83), Lake Villa, before going to Prince of Peace Catholic Church for a 10 a.m. Funeral Mass. Interment will follow at Ascension Cemetery in Libertyville. Visitation was Thursday, Oct. 23, from 4 to 8 p.m. at the funeral home. In lieu of flowers, donations may be

made to the Lake Villa Rescue Squad, or Prince of Peace Church, or Lake Villa VFW Post 4308. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## FRED D. TOMEI

Born: July 13, 1935

Died: Oct. 16, 2006

*Was a founding member of The North Shore Rods Car Club*

BEACH PARK – Fred D. Tomei, age 71 of Beach Park, died suddenly on Oct. 16 at Highland Park Hospital surrounded by his family and one of his longtime friends, Gene Richardson. Fred was born at Highland Park Hospital, the son of Charles and Rose Tomei. He can be described by those who knew and loved him as a memorable character who touched many lives throughout his 71 years of life. He enjoyed fishing, walking, he was an antique car enthusiast and he and his wife enjoyed searching for the right car part for his many cars.

Fred is survived by his wife of 50 years, JoAnn Tomei; his six children, Penny Ingals, Aimee Pavak, Mario Tomei, Gina Miller, Maria Protine and Jennifer (Sacramento) Suarez; 11 grandchildren; 11 great-grandchildren; his mother, Rose Tomei; three brothers and many family and friends. He was preceded in death by his father, Charles; and a brother.

The Tomei family would like to acknowledge his long time friend of 50 plus years, Dick Crouthers. A special thanks to Highland Park Hospital Intensive Care Unit and all the staff. Friends may call at the Salata-Gurnee Funeral Home, 4190 Old Grand Ave. in Gurnee from 4 to 7 p.m., Saturday, Oct. 28. The wake service will be held at 6:30 p.m. at the funeral home. Interment will be private. In lieu of flowers, donations can be made to the Highland Park Hospital ICU Fund to ENH Foundation, 10133 University Place, Suite 450, Evanston, IL 60201. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## CAROL A. LaROSE

Born: June 4, 1942

Died: Oct. 17, 2006

*Enjoyed her home in Myrtle Beach, S.C.*

MUNDELEIN – Carol a. LaRose, age 64 of Mundelein, died Tuesday, Oct. 17, 2006 at Condell Medical Center in Libertyville. Carol's passion was her religion and her love of the beach. She enjoyed her home in Myrtle Beach, S.C.

She is survived by her husband,

Louis; her children, Jacqueline Kreger, Kelly LaRose, Dawn (Darren Lovell) Davey, Tracy (Randy) Spivey, Troy LaRose; her sisters; a brother; mother-in-law, Margaret LaRose; grandchildren; and a great-grandchild.

The funeral was held at 11 a.m. Oct. 20, at Kristan Funeral Home PC in Mundelein. Interment followed in Willow Lawn Memorial Park in Vernon Hills. Visitation was two hours prior to the service from 9 to 11 a.m. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## MARGARET JUNE KENNEDY

Born: June 25, 1919

Died: Oct. 12, 2006

*She served as matriarch and inspiration to her family and children*

GURNEE – Margaret June Kennedy, age 87, of Gurnee, died Thursday, Oct. 12, 2006 at Condell Medical Center. She was the wife of 56 years and then widowed of former News Sun Publisher, Richard F. Kennedy.

She is survived by two sons, Richard M. (Jane) Kennedy of Wyoming, Mich., Patrick K. (Madelyn) Kennedy of Wisconsin; three daughters, Kaye (Frank) Brisbois of Antioch, Maureen (Joe) Sivia of Gurnee and Margaret (Ron) Graf of Grayslake; 12 grandchildren; three great-grandchildren and many other relatives and friends. She was preceded in death by her parents, Clayton J. and Valeria B. Kaye; her husband, Richard F. Kennedy and her brother and sister-in-law.

Funeral Mass was celebrated at 11 a.m. on Oct. 21, at St. Anastasia Church in Waukegan. Visitation for family and friends was held at the church prior to the Funeral Mass starting at 10 a.m. on Oct. 21. In lieu of flowers, donations in memory of Margaret June Kennedy can be made to St. Anastasia School.

Arrangements were handled by the Peterson & Patch Funeral Home in Waukegan. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## JAMES CHAGOYA

Born: July 3, 1948

Died: Oct. 17, 2006

*Served as a sergeant in the army during the Vietnam War*



WAUKEGAN – James Chagoya, age 58 of Waukegan, died on Oct. 17,

2006 at home.

He was born in Kenosha, Wis., and served as a sergeant in the Army during the Vietnam War.

James is survived by his wife, Josephine; sons, Jerry (Mary) Mendez, Jimmy (Esther) Chagoya, Jason Chagoya; daughters, Jennifer Chagoya, Janice (Julio) Guzman, Margarita Chagoya; brothers; sisters; grandchildren; and many nieces and nephews. He was preceded in death by his parents, Refugio and Elena (Zamora) Chagoya; and two brothers.

Friends met with the family on Oct. 20 from 11 a.m. until the time of the service at noon at Warren Funeral Home in Gurnee. Burial followed at Warren Cemetery in Gurnee. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## WILLIAM GORDON BALL

Born: March 22, 1919

Died: Oct. 18, 2006

*Served as a commissioned officer in the Army during WWII*



LIBERTYVILLE – William Gordon Ball, age 87 of Libertyville, died Oct. 18, 2006. He had retired as a civil engineer and had served as a commissioned officer in the Army during WWII. William was a former of the City of Fremont, Calif.

He is survived by his nieces, Karen sue Young and christine M. Holland; and his nephew Stuart W. (Frances) Johnson. He was preceded in death by his wife, Margaret in 2001; his brother and two sisters.

Visitation was from 8:30 a.m. until the time of the funeral prayers at 9:30 a.m., Oct. 25 at McMurrough Funeral Chapel in Libertyville. The Funeral Mass followed at 10 a.m. at St. Joseph Church in Libertyville. Entombment was in Ascension Mausoleum in Libertyville. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## DEL FREUND

Born: Jan. 21, 1918

Died: Oct. 19, 2006

*Was an Army veteran of WWII*



WAUCONDA – Del Freund, age 88 of Wauconda, died Thursday, Oct. 19, 2006 at Good Shepherd Hospital in Barrington. Del was an Army veteran of WWII, and a member of the American Legion Post 911



in Wauconda.

He was the beloved husband for 49 years of the late Mary Etta (nee Nichols); loving father of Dennis (Lynn), Michael (Diane) and Stephen (Joey); cherished grandfather of eight; and devoted great-grandfather of 10.

Prayers were said at 9:30 a.m., on Oct. 24 at Kisselburg-Wauconda Funeral Home, and proceeded to Transfiguration Church in Wauconda for a Mass at 10 a.m. Interment was in Wauconda Cemetery. Visitation was from 4 to 8 p.m., Oct. 23 at the funeral home. In lieu of flowers, memorial contributions can be made to Wauconda Fire Department-Paramedic Fund, 109 W. Liberty St., Wauconda, IL 60084. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

# CHARLES D. 'BO' GRAMMER

Born: Nov. 4, 1947

Died: Oct. 19, 2006

Operated Bo's & Sons Plumbing



ROUND LAKE BEACH - Charles D.

"Bo" Grammer, age 58 of Round Lake Beach, died Thursday, Oct. 19, 2006 at Condell Medical Center in Libertyville. On Oct. 23, 1971, he married Loretta J. Carnaghi at the Community Gospel Church in Melrose Park. Charles was a veteran of the Navy and served in the Vietnam War.

Survivors include his wife, Loretta; children, Charles Grammer Jr. of Round Lake Beach, Christopher (LoriAnne) Grammer of Round Lake Beach, Consetta (James) LaValley of Twin Lakes, Wis., Chaun Grammer of Round Lake Beach and Candace (John) Esposito of Wildwood; grandchildren; and sisters. He was preceded in death by his twin daughters, Crystal and Carrie.

Visitation was from 2 p.m. until the time of a funeral service at 6 p.m. Oct. 22, at Justen's Round Lake Funeral Home with the Rev. Robert Eby officiating. The funeral service took place at 10 a.m., Oct. 25, at the Pleasant Plains Assembly of God Church in Pleasant Plains, Ark. Interment was in Cedar Grove Cemetery in Cedar Grove, Ark. Memorials may be directed to the family. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

# DOROTHY EDWARDS OWENS

Born: Nov. 4, 1914

Died: Oct. 19, 2006

She enjoyed creating miniature rooms, tapestry, rug hooking

LIBERTYVILLE - Dorothy Edwards Owens, age 91 of Libertyville, died

Oct. 19, 2006 of natural causes, at Lake Forest Hospital. Born in St. Louis, to Edith Elizabeth Bollinger and Cyrus Edwards. She graduated from the Art Institute of Chicago with a degree in art.

Surviving are her twins, Dennis Robert Owens of Sycamore and Diane Owens McBride of Homer, Alaska; grandchildren; and great-grandchild-

dren. She was preceded in death by her husband, William A. Owens and sons, Brian William Owens and Dudley E. Owens.

A graveside service will be held Saturday, Nov. 11 at the Ivanhoe Cemetery. In lieu of flowers, donations may be made to the Red Cross. Please sign the Guest Book at [www.WeeklyJournals.com/obits](http://www.WeeklyJournals.com/obits)

## Recent Deaths

**HELEN HAUSMANN**, 100, of Urbana, formerly of Fox Lake, Oct. 14, 2006. Arr: Mackey-Wright Funeral Home in Monticello.

**MARY BARBARA JANS** (nee MICHELAU), 92, of Vernon Hills, Oct. 14, 2006. Arr: Strang Funeral Chapel & Crematorium, in Grayslake

**JUANITA WOLF**, 70 of Antioch, Oct. 11, 2006. Arr: Strang Funeral Chapel & Crematorium in Grayslake

**MATHIAS WINTERGERST**, 90 of Buffalo Grove, formerly of Antioch, Oct. 10, 2006. Arr: Strang Funeral Home of Antioch

**HELEN CREIGHTON** (nee SCHUENE-

**MANN**), 92 of Deerfield, formerly of Fox Lake, Oct. 10, 2006. Arr: Spring Grove Funeral Chapel in Spring Grove

**BRUNO A. PACINI**, 82 of Chicago, Oct. 9, 2006. Arr: Burnett-Dane Funeral Home in Libertyville

**WILLIAM H. 'BILL' GEHL**, 54 of Prairie View, Oct. 10, 2006. Arr: Burnett-Dane Funeral Home in Libertyville

**ROBERT E. DAVIS JR.**, 62 of Libertyville, Oct. 10, 2006. Arr: Burnett-Dane Funeral Home in Libertyville

**LUDWIG H. MATTHIESEN**, 98 of Grayslake, Oct. 8, 2006. Justen's Round Lake Funeral Home

**GEORGE VARES**, 91, of Fox Lake, Oct. 11, 2006. Arr: Strang Funeral Chapel & Crematorium in Grayslake

**TIMOTHY J. WORLIN**, 22, of Park City, Oct. 16, 2006. Arr: Marsh Funeral Home in Gurnee

**LUCILLE M. DOETSCH**, 87 of Bristol Township, Kenosha County, Wis., Oct. 14, 2006. Arr: Strang Funeral Home of Antioch

**JEROME E. SLOWINSKI**, 70 of Lake Villa, Oct. 14, 2006. Arr: Ringa Funeral Home in Lake Villa

**BARBARA GILMORE**, 56 of Lake Forest, Oct. 10, 2006. Arr: Burnett-Dane Funeral Home in Libertyville

To submit an obituary, please call Nancy Thielsen at (847) 223-8161, ext. 143, or e-mail [wjobs@weeklyjournals.com](mailto:wjobs@weeklyjournals.com). Obituaries must be received by noon on Tuesday.

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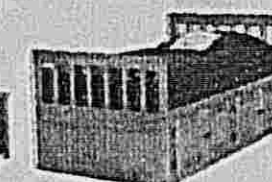
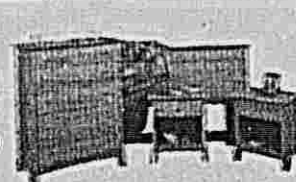
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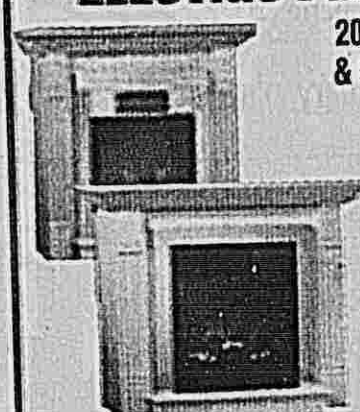
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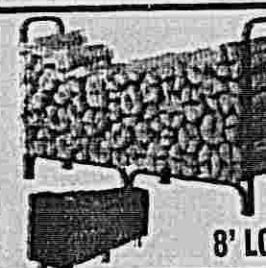
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## ANTIOCH

• **NICC Turkey Shoot.** 10 a.m.-2 p.m., Sunday, Nov. 5. Clubhouse, one-half mile south of Rt. 173 on east side of Rt. 83. Rounds of 25 shots will cost \$10. Bring your gun and ammunition. Colored clay targets are hit for prizes. For more information, visit [www.lake-online.com/nicc](http://www.lake-online.com/nicc).

• **Antioch Public Library District Board meeting.** 7 p.m., last Tuesdays. 757 N. Main St. Call (847) 395-0874 to confirm.

• **Bingo.** 12:45 p.m., Mondays. The Senior Center. Call (847) 395-0139 for details.

• **Bingo.** 6:45 p.m., Tuesdays. Antioch VFW. Doors open at 4:30 p.m. Call (847) 395-5393 for more information.

• **Pinochle.** 12:30 p.m., Thursdays and Fridays. The Senior Center. Call (847) 395-0139 for details.

• **A Safe Place support group meeting.** Mondays. For women who are dealing with abuse in their homes. All are welcome. No fees. Call A Safe Place at (847) 249-4450 or (847) 249-6557 (TTY) or go to [asafeplaceforhelp.org](http://asafeplaceforhelp.org) for more information.

• **Take Off Pounds Sensibly meeting.** 6:30 p.m., Wednesdays, weigh-in, 7 p.m. meeting. The Senior Center, 817 Holbek Dr. Call Dorothy Stark at (847) 395-7407 or Betty Muller at (847) 838-3907 for more information.

• **AFFTER (Advocates for Fibromyalgia Funding, Treatment Education and Research) support group meeting.** 10 a.m.-noon, first Saturdays. Antioch's Community Building, 884 Main St. Call (847) 362-7807 or go to [www.AFFTER.org](http://www.AFFTER.org) for more information.

• **Kiwanis Club of Antioch meeting.** Noon, Tuesdays. Bacchus Restaurant. The public is welcome to join and share experience, knowledge and service project ideas. Call Melissa at (847) 489-8044 or e-mail at [mjrigoni@hotmail.com](mailto:mjrigoni@hotmail.com) for more information.

• **Antioch Jaycees meeting.** 7:30 p.m., last Mondays. Regency Inn. For more information, call (847) 395-8035.

• **The Meeting House Museum.** 11 a.m.-3 p.m., first Saturdays. See original photos of Antioch and a veterans' exhibit of photos and memorabilia from the Civil War through the Gulf War.

• **Northern Lake County Quilters Guild meeting.** 7 p.m., first Wednesdays. Antioch Township Center on Deep Lake Rd. north of Grass Lake Rd. Call Madelyn Anderson at (847) 651-8349 to learn more.

• **Lakes Area Community Band rehearsal.** 7-9 p.m., Mondays.

Antioch Community High School band room. Area musicians high school age and older are welcome to join. No auditions. Call Debbie Davis at (847) 395-0272 to learn more.

• **Open gym.** 7-9 p.m., Sundays. Antioch Community High School. \$2. Adults only.

## CHICAGO

• **'Everyday Edisons' audition.** 1 a.m.-1 p.m., Saturday, Oct. 28. WTTW11 PBS studio, 5400 N. St. Louis Ave. Bring your ideas or prototypes and professionals will judge the merits in design, marketability and patentability. Those selected will appear on "Everyday Edisons" as their ideas are produced and sold. For more information, visit [www.EverydayEdisons.com](http://www.EverydayEdisons.com).

## CRYSTAL LAKE

• **32nd Annual "A Country Christmas" Art and Craft Show.** Saturday, Oct. 28, 8:30 a.m.-4 p.m., and Sunday, Oct. 29, 9 a.m.-3 p.m. Crystal Lake South High School, 1200 McHenry Ave. Free admission. This show features crafters from six states.

• **Crystal Lake Toastmasters Club meeting.** 8-10 a.m., first and third Saturdays at Amcore Bank Building, Rt. 14 and Pingree Rd. Develop your presentation and leadership skills. For information, call Steve at (847) 526-1525 or visit <http://user.mc.net/~toast1>.

## FOX LAKE

• **Bingo.** 6:45 p.m., Thursdays. American Legion Auxiliary Post 703, 703 N. Rt. 12. Call (847) 587-2323 for information.

• **Bingo.** 7 p.m., Saturdays. Fox Lake Volunteer Fire Department, 114 Washington St.

• **VFW Fox Lake Memorial Post 9655 meeting.** 7:30 p.m., first Wednesdays. Fox Lake Legion Hall. Call (847) 587-1681 for more information.

## GRAYSLAKE

• **PiCATsso-2006 Feline Art Exhibit.** 7 p.m., Friday, Nov. 3. Byron Colby Barn, 1561 Jones Point Rd. Fundraiser for Spay and Stay auctions off artwork created by feline artists. Complete instructions and registration forms are on [www.spayandstay.org](http://www.spayandstay.org). Tickets are \$40 pre-event and \$50 at the door. For more information and to purchase tickets, call (847) 289-4557 or visit [www.spayandstay.org](http://www.spayandstay.org).

• **Holiday Expo.** 10 a.m.-4 p.m., Saturday, Nov. 4. University Center of Lake County, Washington St. by CLC. Vendors, seminars, wine-tasting and chef demonstrations. For more information, call Kimberly Kreml at (847)

665-4010.

• **15th Annual Skip's Collectible and High Performance Car/Truck Parts Swap Meet and Car Sale.** 8 a.m.-3 p.m., Sunday, Nov. 5. Lake County Fairgrounds, Rts. 120 and 45. Admission is \$7, children aged 6-11 \$2. For more information, call (630) 876-1042 or visit [skipsusa.com](http://skipsusa.com).

## GURNEE

• **Daniel Wright Toastmasters Open House.** 7-9 p.m., Tuesday, Nov. 7. In-Laws Restaurant, 720 Milwaukee Ave. If you are interested in improving your public speaking, communication and leaderships, come and share pizza, soda and dessert.

• **Network Lake County meeting.** 8-9 a.m., Thursdays. A business networking group meeting in Gurnee. Call Boyce Buckner at (847) 838-0058 to learn more.

• **Lake County Chamber of Commerce networkers group meeting.** 7:30 a.m., first and third Fridays. In-Laws Restaurant, 720 N. Milwaukee Ave. Call (847) 249-3800 for information.

• **LeTip Networking Group meeting.** 7:01-8:31 a.m., Wednesdays. Panera Bread, 6557 Grand Ave. Local business owners promote their businesses and exchange leads. Guests are free. For more information, call Dennis Dean at (847) 231-3009.

• **Lake County Camera Club meeting.** 6:30 p.m., peer-to-peer discussion and socializing; 7:30, meeting, first Fridays. Warren Township Center, east crafts room, in park on southwest corner of Almond and Washington. All skill levels, digital and film, welcome. Call Mike Ament at (847) 356-6937 (noon-6 p.m.) to learn more.

• **Viking Park Singers rehearsals.** 7:30-9:30 p.m., Tuesdays. Viking Park Dance Hall. Interested singers are welcome.

• **Singles (ages 55+) Breakfast Group meeting.** 8:30 a.m., Saturdays. In-Laws Restaurant, 720 Milwaukee Ave. Call Chuck at (847) 362-5458 for details.

## INGLESIDE

• **Annual Bird Seed Sale.** Prepaid orders due by 3 p.m., Oct. 29; pick-up Nov. 4-5. The Friends of Volo Bog are sponsoring this sale, featuring 11 varieties of seed. Order forms are available at the Volo Bog Visitor Center or by request at (815) 344-1294. For more information, call (815) 344-1294 or (815) 356-1710.

• **Fox Lake/Round Lake Area Rotary meeting.** Noon, Fridays at Za Za's, 69 Washington.

• **Grant Hall Museum.** 1-4 p.m., Sundays. Fox Lake-Grant Township Area Historical Society, 411

Washington St. Admission free, donations accepted. For information, call (847) 587-0544 or mail P.O. Box 224, Ingleside, IL 60041.

## LAKE VILLA

• **Lake Villa Plan Commission meeting.** 7:30 p.m., first Wednesdays.

• **Weigh to Win meeting.** 7-8 p.m., Tuesdays. Calvary Christian Center, Monaville Rd. Call (847) 356-6181 to learn more.

• **Lake Villa Township AARP Chapter 3978 board meeting.** 10:30 a.m., first Thursdays. Township Offices.

• **Lake Villa Take Off Pounds Sensibly meeting.** 5:30 p.m., Wednesdays. Church of the Holy Family, 25291 W. Lehman. Call Cathy at (847) 587-7710 or Debbie at (847) 687-5531 for details.

• **MOMS Club of Lake Villa/Lindenhurst meeting.** 9:30 a.m., Mondays. Lake Villa District Library, 1001 Grand Ave. Children welcome. For more information, call Erin Bearss at (847) 546-1545.

## LAKE ZURICH

• **Parents Without Partners Halloween Party.** 8 p.m.-midnight, Friday, Oct. 27. Hackney's Restaurant, Rt. 12. Best Costume contest, raffles, dancing and more. Admission is \$10 at the door and the public is welcome. For more information, call (847) 817-5687 or e-mail [pwp\\_chapter247@hotmail.com](mailto:pwp_chapter247@hotmail.com).

• **Riverbend Benders Snowmobile Club Gear Sale.** 10 a.m.-3 p.m., Sunday, Oct. 29. The Old Firehouse, 77 S. Old Rand Rd. Bring your old gear to sell, or replace with new. A table is \$20; call Rob at (847) 417-7603 for reservations. For more information, call (847) 289-RBSC, or visit [www.riverbendbenders.com](http://www.riverbendbenders.com).

## LINDENHURST

• **Lindenhurst Planning Commission meeting.** 7:30 p.m., first and third Wednesdays. Village Hall. Call (847) 356-8252 to learn more.

• **Lindenhurst Sanitary District meeting.** 7:30 p.m., first Thursdays. Village Hall. Call (847) 356-8252 to learn more.

• **Free blood pressure screening.** 8 a.m.-noon, Mondays. Victory Lakes Continued Care Center. Call (847) 356-5900 to learn more.

• **Lindenhurst/Lakes Area Kiwanis Club meeting.** 7:30-8:30 a.m., first and third Thursdays. Victory Lakes Continuing Care Center. For information, call (847) 356-7912.

• **American Sewing Guild group, "Running in Stitches," meeting.** 7 p.m., first Thursdays. State Bank of the Lakes, Grand Ave.

Call Mary Petit at (847) 356-9242 or Janet at (847) 265-7932 for additional information.

## MCHENRY

• **Northeast Illinois section of the Tourette Syndrome Association of Illinois quarterly seminar.** 7-9 p.m., Friday, Oct. 27. Elm Street Place Office Complex, lower level meeting room, 5400 W. Elm St. Attendance is free, but reservations are encouraged. For reservations or more information, call (847) 691-2989.

## ROUND LAKE

• **Bingo.** 6:30 p.m. Saturdays. St. Joseph's, Lincoln Ave. Doors open at 3:45 p.m.

• **Knights of Columbus Bingo.** 3 p.m., Sundays. St. Joseph's Church, 114 N. Lincoln, Round Lake.

• **Free Blood Pressure Testing.** 10:30 a.m.-noon, first Wednesdays. For seniors at the Round Lake Community Center.

• **Big Brothers, Big Sisters meeting.** 6:30-8 p.m., Mondays. Calvary Presbyterian Church, 510 Cedar Lake Rd. Call (847) 360-0770 for information.

• **Round Lake Alano Club dances.** Fridays. Call (847) 223-9706 for location.

## ROUND LAKE BEACH

• **Take Off Pounds Sensibly 892 meeting.** 6 p.m., Thursdays. Condell Acute Care Center, 2 E. Rollins Rd. Call (847) 587-8091 or (847) 587-7124 to learn more.

## ROUND LAKE HEIGHTS

• **Round Lake Area Community Band rehearsal.** 7-9 p.m., Tuesdays. Indian Hill School, 1920 N. Lotus Dr. New musicians and all instruments are always welcome. Call Christi at (847) 546-8558, ext. 422, to learn more.

## BURLINGTON, WIS.

• **Burlington Genealogical Society mini-workshop.** 9:30 a.m.-3:30 p.m., Saturday, Oct. 28. Burlington Public Library, 166 E. Jefferson. The public is welcome to bring questions and problems; members will be on hand to help. There will be lectures on the half-hour. For more information, call Trish Regula at (262) 878-3376, Pat Fellner at (262) 633-3712 or Marion Getka at (262) 763-6981 or visit [www.rootsweb.com/~wiburlgs](http://www.rootsweb.com/~wiburlgs).

• **To submit an item to the Calendar, e-mail to [wjcalendar@weeklyjournals.com](mailto:wjcalendar@weeklyjournals.com), phone (847) 223-8161 or fax (847) 223-8810 at least 14 days before the event.**



# NASCAR THIS WEEK

## NEXTEL CUP SERIES

■ **Race:** Bass Pro Shops 500  
 ■ **Where:** Atlanta Motor Speedway, Hampton, Ga. (1.54 miles), 325 laps/500.5 miles.  
 ■ **When:** Sunday, Oct. 29  
 ■ **Last year's winner:** Carl Edwards  
 ■ **Qualifying record:** Geoffrey Bodine, Ford, 197.478 mph, Nov. 15, 1997.  
 ■ **Race record:** Bobby Labonte, Pontiac, 159.904 mph, Nov. 16, 1997.  
 ■ **Last week:** Jimmie Johnson began his career hightailing it through the desert like some oversized jack rabbit, sending up plumes of sand and avoiding ditches in off-road racing. How that made him so masterful at Martinsville Speedway is anyone's guess, but Johnson's victory in Sunday's Subway 500 was his

ninth consecutive top-10 finish on the Nextel Cup Series' smallest track. On April 14, 2002, Johnson made his first appearance at the .526-mile track and finished 35th, completing 446 out of 500 laps. "It's a track that I came in and didn't think I'd ever get the hang of it," said Johnson. Since that first Martinsville race, Johnson has completed every single one of the scheduled 4,500 laps. What Johnson's fifth victory of the season did was transform him from long shot to favorite in the Chase. One hundred seven laps were run under caution. More than half the field was officially — i.e., by NASCAR's tally — involved in at least one crash. More than a 10th of the field was involved in more than one.

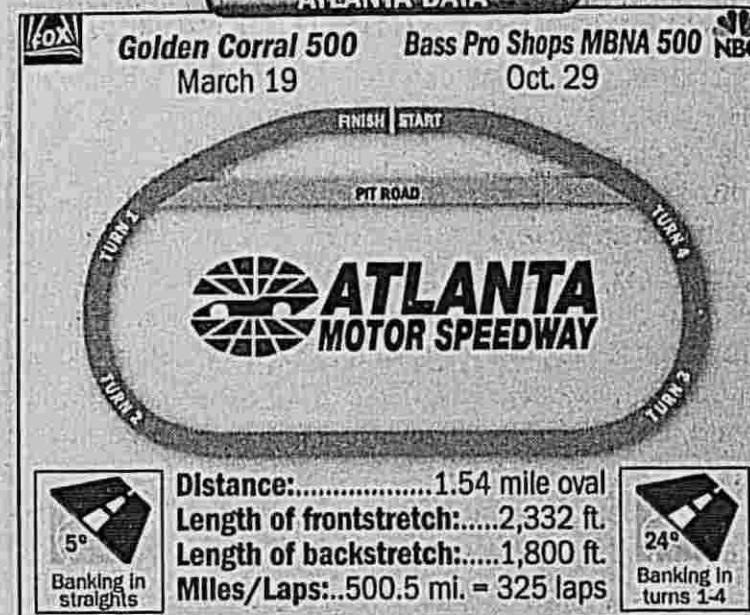
## BUSCH SERIES

■ **Race:** Sam's Town 250  
 ■ **Where:** Memphis (Tenn.) Motorsports Park (.75 miles), 200 laps/150 miles.  
 ■ **When:** Saturday, Oct. 28  
 ■ **Last year's winner:** Clint Bowyer  
 ■ **Qualifying record:** Jeff Green, Chevrolet, 120.267 mph, Oct. 28, 2000.  
 ■ **Race record:** Kevin Harvick, Chevrolet, 92.352 mph, Oct. 29, 2000.  
 ■ **Last race:** Dave Blaney, driving a Dodge, captured the Dollar General 300 at Lowe's Motor Speedway.

## CRAFTSMAN TRUCK

■ **Race:** Easy Care 200  
 ■ **Where:** Atlanta Motor Speedway, Hampton, Ga. (1.54 miles), 130 laps/200.2 miles.  
 ■ **When:** Saturday, Oct. 28  
 ■ **Last year's winner:** Kyle Busch  
 ■ **Qualifying record:** Rick Crawford, Ford, 182.735 mph, March 17, 2005.  
 ■ **Race record:** Ron Hornaday Jr., Chevrolet, 142.424 mph, March 18, 2005.  
 ■ **Last week:** Jack Sprague, in a Chevrolet, won the Kroger 200 at Martinsville. It was his second win of the season and 27th of his career.

## ATLANTA DATA



## TOP 10 IN POINTS

### NEXTEL CUP

1. Matt Kenseth	5,848
2. Kevin Harvick	-36
3. Jimmie Johnson	-41
4. Denny Hamlin	-47
5. Jeff Burton	-48
6. Dale Earnhardt Jr.	-94
7. Mark Martin	-96
8. Kasey Kahne	-99
9. Jeff Gordon	-141
10. Kyle Busch	-171

### BUSCH SERIES

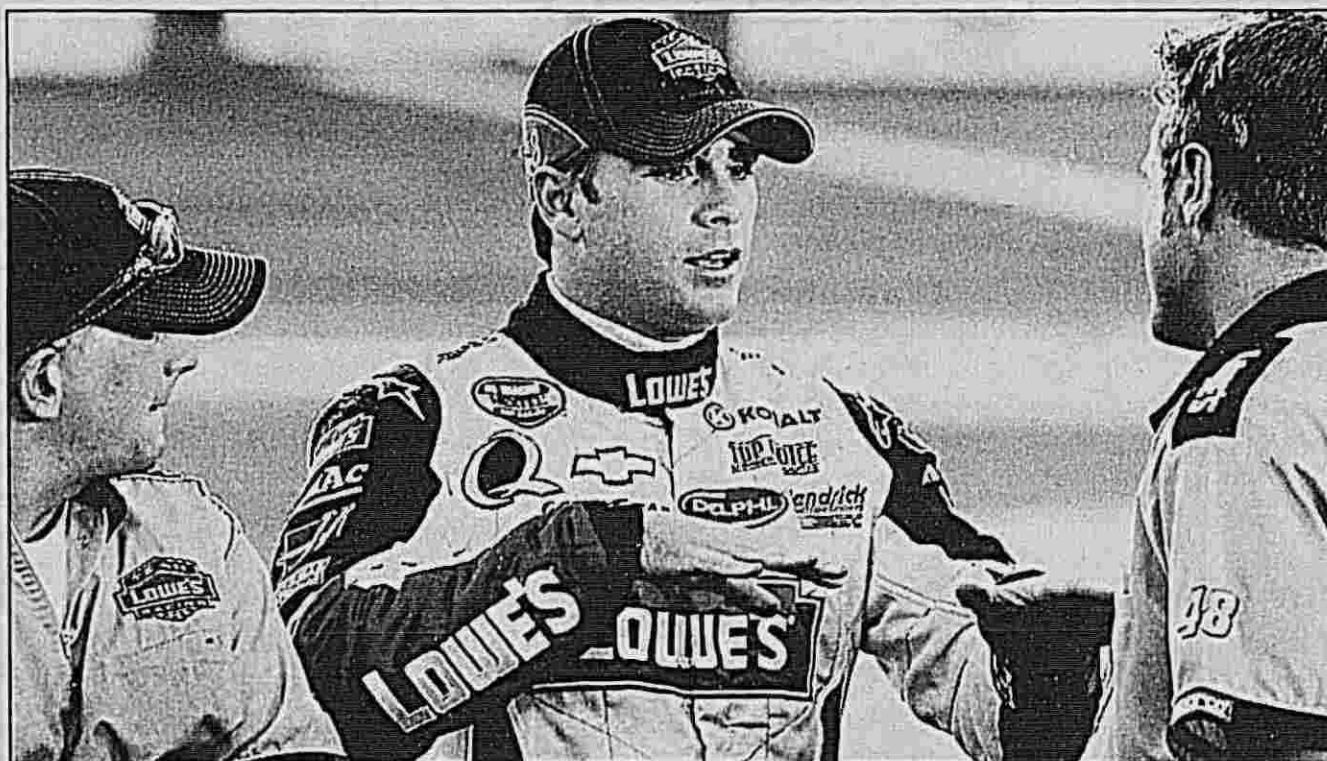
1. Kevin Harvick*	4,948
2. Carl Edwards	-775
3. Clint Bowyer	-847
4. Denny Hamlin	-898
5. J.J. Yeley	-1,055
6. Kyle Busch	-1,268
7. Paul Menard	-1,276
8. Greg Biffle	-1,429
9. Johnny Sauter	-1,646
10. Reed Sorenson	-1,662

### CRAFTSMAN TRUCK SERIES

1. Todd Bodine	3,197
2. Johnny Benson	-79
3. David Reutimann	-267
4. Ted Musgrave	-274
5. Rick Crawford	-351
6. David Starr	-383
7. Ron Hornaday	-408
8. Jack Sprague	-469
9. Terry Cook	-504
10. Mike Bliss	-526

\* clinched title

## WHO'S HOT AND WHO'S NOT



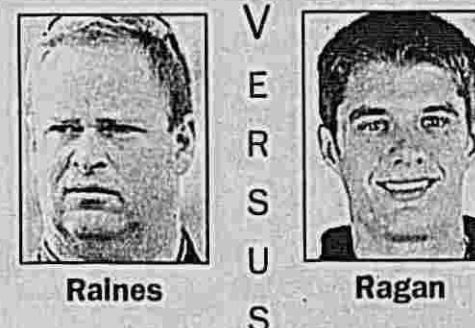
John Clark/NASCAR This Week

Jimmie Johnson, center, moved from seventh to third in The Chase in just one race.

► **Who's hot** — Jimmie Johnson has finished in the top 10 in nine straight Martinsville races and just won his fifth race of the season. ... Bobby Labonte (third) and Kyle Petty (10th) put two Petty Enterprises entries in the top 10 for the first time since Phoenix in November 1999.

► **Who's not** — Jeff Burton, a victim of engine failure, dropped from first to fifth in the Chase.

## FEUD OF THE WEEK



Raines

Ragan

### Tony Raines vs. David Ragan

The young driver who will replace Mark Martin at Roush Racing didn't exactly get rave reviews in his first start at Martinsville. Said Raines: "We got run into by a car that was two laps down that was driven by a new kid on the block (Ragan) who was driving over his head. ... He had a bad day. He ran into a lot of people, so I guess I shouldn't feel singled out. You just need to iron that stuff out before you get into this series."

**NASCAR This Week's Monte Dutton gives his take:** "Ragan will learn. This is all new to him, and if he didn't have considerable talent, he wouldn't have received this opportunity from Jack Roush. It's going to take some time, though."

# Schrader understands this is a young man's sport

By Monte Dutton  
 NASCAR This Week

MARTINSVILLE, Va. — Next year, Ken Schrader will share the Wood Brothers/JTG Ford with young Jon Wood, son of the co-owner. The veteran — Schrader is 51, Jon Wood will turn 25 on Wednesday — has an entirely healthy attitude about the future.

"I'd rather be running 36 races," Schrader said, "but I knew this was a possibility going in. I wouldn't want to be walking around the garage area looking for a team to run 36 (races) and leaving what

## NUTS AND BOLTS

we've got working here.

"This is a young man's sport, and we've been here a long time. It's just inevitable that it's going to happen, and I'm just happy to have lined up what we've got lined up for next year."

One up, one down — Haas CNC Racing has swapped crew chiefs, with Harold Holly moving up to Jeff Green's Cup team and Robert "Bootie" Barker taking Holly's place in the Busch Series with Johnny Sauter.

"In looking at our situation, we have a driver and a crew chief in Jeff (Green) and Harold (Holly) who have won a championship (Busch in 2000) together," said general manager Joe Custer, "and we feel there are opportunities to capitalize, based on their history."

Green is 27th in Cup points, while Sauter is ninth in the Busch Series standings.

Four out of five — David Ragan, set to succeed Mark Martin in Roush Racing's No. 6 Ford next year, announced he would

compete in four of the final five Nextel Cup races — including Martinsville — in the No. 06 entered by Roush in selected races.

Ragan, 20, from Unadilla, Ga., started 41st in the Subway 500 and will attempt to make the field for every remaining race except the next-to-last one in Phoenix.

Ragan called Martinsville "one of my favorite race tracks" and added: "We'll come here with the intention of completing all the laps and staying out of trouble. As a rookie, you want to earn the respect of all these guys, and you'll do that by racing them clean and not

pushing issues unnecessarily."

Time's running out — Kasey Kahne is the season's biggest winner, but his six wins — seven for his career — pale in comparison with Jeff Gordon's total of 75. Gordon is 35; Kahne is 26.

"I don't think I'll make it that long (to win 75)," said Kahne. "I guess I'd better step it up. He's had some unbelievable years. ... People are going to have a hard time catching that kind of stuff. My only hope is to keep winning and try to win the most races this year."



## GIRLS TENNIS: IHSA STATE TOURNAMENT

## Poggensee-Wei nets 4th at state

LAKE COUNTY JOURNALS

The perfect run for Grayslake Central's Lynne Poggensee-Wei finally came to a close, but it wasn't without a fight.

The Rams senior made a deep run in the IHSA Girls Tennis Tournament with an unblemished record. Unfortunately for Poggensee-Wei, she was forced to pull out of her third-place match because of a pulled muscle.

Poggensee-Wei was down, 5-2, in the first

set against Hinsdale Central's Hanna Mar.

Prior to that match, Poggensee-Wei lost her first match of the season in a marathon against eventual runner-up Elizabeth Epstein, of F.W. Parker. Epstein won, 6-3, 3-6, 6-0.

Despite the loss and pullout from the third-place match, Poggensee-Wei (27-2) had a campaign that was memorable, to say the least.

Poggensee-Wei dropped just two games against her first four opponents in the tour-

nament.

"I had a few little letdowns, but I feel like I played pretty well altogether," Poggensee-Wei said following the first day of the tournament.

In the quarterfinals, Poggensee-Wei netted her toughest victory of the season. Against New Trier's Kim Szokol, Poggensee-Wei escaped the first set, 7-6, and won the second set, 6-4, to advance to the semifinals and improve to 27-0 at the time.

## PREP FOOTBALL: LIBERTYVILLE 22, WARREN 16

## Wildcats cap off perfect regular season

Libertyville garners NSC-Lake title, hosts Notre Dame today

By DANIEL J. PATRICK

dpatrick@nwnewsgroup.com

GURNEE - Two months ago, the Libertyville Wildcats celebrated their first victory over the touted Barrington Broncos with a song:

"We are the Wildcats, the mighty, mighty Wildcats."

Now, eight songs and eight unfortunate foes later, the mighty, mighty Wildcats are still going strong.

**Fab Four**

Four local teams hope to start a long postseason run.  
PAGE A30

Libertyville capped off a perfect regular season with a big 22-16 win, improving to 9-0 and 6-0 in the North Suburban Conference Lake Division, and winning the conference title.

On the other side of the equation, the loss ended Warren's season at 4-5 overall and 2-3 in the NSC-Lake. But the bigger casualty was any hope of a Blue Devil postseason as Warren was eliminated from the playoffs for the first time since 1998.

Libertyville quarterback Ryan Kennedy had a lackluster throwing night, finishing with



Sandy Bressner - sbressner@nwnewsgroup.com

Libertyville QB Ryan Kennedy hands the ball off to Josh Albers during the regular-season finale at Warren.

just four completions for 34 yards, one touchdown and an interception. But as it turned out, the Wildcats didn't need much of an air attack.

All in all, six different Wildcats rushed in the game, including Josh Albers who rushed for 52 yards on eight carries, including a 31-yard touchdown run in the third quarter. Kennedy himself made up for any passing deficiencies

by rushing for 186 yards on 20 carries, including a 91-yard touchdown sprint for the early 7-0 lead.

What made Kennedy's big run most interesting was its potential to have gone the other way. If the planets had aligned differently, Warren could have been playing with the lead.

The Blue Devils swung for the fences on a fourth-and-1 at the Libertyville 16, but the

Wildcats' Chris Key came up with the big sack to turn the ball over on downs. Three plays and a kick later, Libertyville has the 7-0 lead.

However, Key wasn't done spoiling Warren's plans with that play. After the Blue Devils put together a nice 6-plus minute drive and moved the ball 71 yards, Key came up with

See WILDCATS, page A30

## Prep football roundup

Week 9

Carmel 37, Joliet Catholic 29

• Make no mistake, the Corsairs will be ready for tournament time. After losing two straight against Nazareth Academy and St. Viator, Carmel (7-2, 5-2 East Suburban Catholic Conference) turned the tide with a big 37-29 victory against Joliet Catholic. Running back Jim Potempa finished with 135 yards on 18 carries en route to a school rushing record. Sean Lees also had a triple-digit night, running for 108 yards on 12 carries. Riding on the legs of Potempa and Lees, Carmel bolted out to a 30-7 lead and never looked back.

CL Central 35, Grayslake North 12

• North finished with two late touchdowns, but it was all for naught for the Knights. Central's win ends North's season at 0-9, while Central makes its first playoff appearance since 1991.

Glenbrook South 41, Waukegan 0

• After starting out with a 2-0 record, Waukegan has watched its season slip away with seven straight losses, and now a shutout at the hands of Glenbrook South. There is still hope as the team will be returning 36 juniors and 36 sophomores from this year's program.

Huntley 42, Grayslake Central 13

• Huntley stayed undefeated en route to the Fox Valley Conference Fox Division game. Central was down 42-0 before finally scoring off the back of a 1-yard run from QB Evan Jones. Grayslake ends its season at 2-7 and 1-4 in conference.

Mundelein 30, Lakes 7

• Facing a playoff-bound opponent, the Mustangs (2-7) ended their season in style by handing 6-3 Lakes its third loss of the season. Mustangs quarterback Chris Hebert rushed for three touchdowns while Josh McKindra added another 40 yards in the win. Lakes' only score was a 65-yard catch by Ted Bariamis.

Vernon Hills 41, Antioch 14

• Two opponents' paths could not have been any different as Vernon Hills (5-4, 4-2 NSC-Prairie) clinched a playoff spot while Antioch ended its season without a win. The Cougars bolted out to a 27-0 halftime lead, thanks to Evan Christensen's three touchdowns. Antioch's Tom Sulton scored two TDs.

Wauconda 42, Round Lake 19

• It was a night of mixed emotions as Wauconda (4-5, 3-3 NSC-Prairie) finished with the most wins in coach Glen Kozlowski's tenure, but didn't give them enough for a playoff appearance. Wauconda's junior RB Brad Wisniewski rushed 37 times for 256 yards and three touchdowns. Round Lake's Tim Smith broke off for an 80-yard TD run in the third quarter and finished with two TDs. Wide receiver Eric Watts caught a 50-yard pass for Round Lake's other score.



## —● On the Sidelines

# Usual suspects headline IHSA tourney bids

It's that time of the year again, and I, for one, can hardly wait. Are you ready for some playoff action?

From football to soccer to volleyball, it's do or die time for almost every fall sport, and it seems that a lot of familiar names are filling up the "do" column.

While the football, soccer and volleyball tournaments are just heating up, there are some sports that already have

crowned their champions, and our area was well-represented in boys golf and girls tennis.

As I write this column, there is simply too much action to properly write about. But as usual, the perennial heavy hitters are once again working their way through the playoffs.

Warren's Blue Devils have made a habit out of deep state tournament runs in almost every sport, and this year is no exception. Sophomore **Heather Olson** won the Antioch cross country meet to lead her team to a second-place finish, behind only the Grant Bulldogs in that meet.

Warren's boys soccer team is steamrolling the competition en route to the third Blue Devil regional championship in five years with a 21-2 overall record, while the Carmel Corsairs have won their second straight regional.

Grayslake Central's boys soccer team might not have that kind of lineage in recent seasons, but the Rams have improved to 20-2-1 with a big Lakes Regional championship win.

Speaking of Grayslake Central, **Lynn Poggensee-Wei** was far and away the best prep tennis player in Lake County,

capturing fourth place in the IHSA singles championship.

Poggensee-Wei had her first loss of the season against F.W. Parker's Elizabeth Epstein, but in the third-place match, she was forced to retire in the first set because of a pulled muscle.

Injuries aside, she finishes off 2006 with an overall record of 27-2 to go along with her fourth-place finish.

Not to be outdone, the Libertyville Wildcats now have a few more feathers to put in their caps, along with a perfect 9-0 regular season for the football team.

Led by sophomore **Anna Strychalski**, Libertyville's girls cross country team will be making an appearance at the state finals with a second-place finish in the Deerfield Sectional.

There may not be much running in his sport, but Wildcat **Tim Harwood** was the area's top finisher in boys golf. Harwood tied for 31st in a highly competitive state field by shooting a 160.

Hopefully, Harwood will have a few tips for his schoolmates and their own quests for IHSA tournament glory.

Not to beat an old, tired joke into the ground even more, but Kenny Rogers' so-called "Dirtgate" scandal is just too big of an opportunity for smart-mouthed (or smart-penned, as it were) sports reporters like myself. So I give you the chorus of "The World Series Gambler."

"You've got to know when to throw strikes / Know when to chase the count / Know when to walk away / Know when to wash your hands / You never put weird stuff / On your hands in the Series / There'll be time enough for brown stuff, when the game is done."

Sorry folks, I had to.

• *Daniel J. Patrick is sports editor of the Lake County Journals. Contact him at [dpatrick@nwnewsgroup.com](mailto:dpatrick@nwnewsgroup.com).*

## 9-0 Libertyville holds off Blue Devils

### Fab Four: This weekend's postseason hopefuls

Four area football teams are representing the Lake County Journals' coverage area in the 2006 IHSA tournament. With former state champions Libertyville and Carmel leading the way, along with newcomer Lakes and back-to-back qualifier Grant, this should be an interesting postseason on the gridiron.

where we should be, so we definitely needed that win."

Carmel running backs **Jim Potempa** and **Sean Lees** make up one of the most fearsome one-two punches in the state, combining for 37 touchdowns and 1,319 yards on the season.

— *Daniel J. Patrick*

#### CLASS 7A

• No. 16 Notre Dame (5-4) at No. 1 Libertyville, 7 p.m. Friday  
Libertyville's regular season record: 9-0 (6-0 NSC-Lake)

Date	Opponent	Result
8/25	Barrington	32-26 W
9/1	Naperville North	21-14 W
9/8	Grant	42-13 W
9/15	Lake Zurich	10-9 W
9/21	Mundelein	35-14 W
9/29	Zion-Benton	24-6 W
10/6	Stevenson	21-12 W
10/14	Lake Forest	36-14 W
10/20	Warren	22-16 W

With a 9-0 regular season record, it almost seems like the regular season was just a formality for the Libertyville Wildcats. After usurping the Carmel Corsairs for the top spot in Week 7, coach Randy Kuceyeski and his players aren't planning on relinquishing their grip.

"This is what we've been working for all year long," Kuceyeski said after capping off the perfect season with a win against Warren. "To be undefeated with this team is just unbelievable."

Libertyville will be led on offense by quarterback **Ryan Kennedy** and running back **Josh Albers**. The Wildcats duo will have to contend with a stingy Notre Dame defense, which limited tough East Suburban Catholic conference opponents to just 4.7 points per game in each of their three conference wins.

— *Daniel J. Patrick*

• No. 11 McHenry (6-3) at No. 6 Carmel, 7 p.m. Friday  
Carmel's regular season record: 7-2 (5-2 East Suburban Catholic)

Date	Opponent	Result
8/25	Morgan Park	38-14 W
9/1	Mundelein	49-6 W
9/8	Marian	73-55 W
9/15	Notre Dame	50-20 W
9/23	St. Joseph	63-0 W
9/29	St. Patrick	49-13 W
10/7	Nazareth Academy	40-28 L
10/13	St. Viator	43-42 L
10/20	Joliet Catholic	37-29 W

After suffering through an unexpected two-game slide, Carmel coach **Andy Bitto** and his Corsairs seem to have their ducks back in a row, beating fellow conference champion Joliet Catholic to end the regular season in style.

"We had a rash of injuries for about three weeks there - nagging ones, not season-ending - and they're finally healed up, so we feel great," Bitto said. "Friday helped a lot with getting us back into

#### CLASS 6A

• No. 14 Grant at No. 3 Geneva (8-1), 7:30 p.m. Friday  
Grant's regular season record: 5-4 (4-2 NSC-Prairie)

Date	Opponent	Result
8/25	Byron	20-14 L
9/1	Bay View (Milw.)	21-6 W
9/8	Libertyville	42-13 L
9/15	Antioch	21-6 W
9/22	Lakes	31-14 W
9/30	Wauconda	29-21 W
10/6	Vernon Hills	9-3 L
10/13	Round Lake	28-7 W
10/20	North Chicago	13-7 L

Grant coach **Kurt Rous** believes the Bulldogs will be well prepared when they travel to Geneva on Oct. 27 for their first-round playoff game.

"They are big and deep," Rous said of the Vikings. "They have a 6-foot, 7-inch quarterback and a 6-0, 270-pound sophomore middle linebacker. They definitely throw first, more than they run."

Grant knew it was in the playoffs before a 13-7 loss to North Chicago last week. Running back **Joe Claver** had a 70-yard game for 930 on the year.

"We'll try and get him 1,000 this week," Rous said.

— *Steve Peterson*

#### CLASS 5A

• No. 14 Lakes at No. 3 Chicago Robeson (9-0), 4 p.m. Saturday at Gately Stadium  
Lakes' regular season record: 6-3 (4-2 NSC-Prairie)

Date	Opponent	Result
8/25	Monroe (Wis.)	27-13 W
9/1	Niles North	34-27 W
9/8	Round Lake	42-14 W
9/15	Vernon Hills	11-0 W
9/22	Grant	31-14 L
9/29	North Chicago	50-21 L
10/6	Wauconda	21-20 W
10/13	Antioch	31-13 W
10/20	Mundelein	30-7 L

Lakes' Eagles are in history-making mode this season as coach **Luke Mertens** fielded the school's first varsity team just one year ago. Now, the Eagles are poised for their first-ever playoff appearance.

Eagles playcaller **Randy Ratajczyk** has been spot-on all season long, including a 190-yard outing against Wauconda, among other impressive outings.

The Eagles will have their hands full with Robeson. WR **Charles Brown** leads the team and has been heavily recruited by Illinois, Northwestern, Stanford, Purdue and other top programs.

— *Daniel J. Patrick*

### • WILDCATS

Continued from A29

another big sack, this time at the Libertyville 8, preventing the touchdown and forcing a field goal to preserve the Wildcats' lead.

As good as Kennedy was at gaining yards with his legs, Warren quarterback **Jeremy Robinson** matched Kennedy with his arm. Robinson was 19-of-31 for 220 yards and a touchdown, in addition to two touchdowns on the ground.

Unfortunately for the Blue Devils, Robinson's efforts just weren't enough to extend Warren's season.

"We wanted to make it [to the playoffs], but we already dug a big hole with some of our other losses," Robinson said. "This game was like our playoffs, but against a good team like Libertyville, we just came up short."

When Kennedy did find his receivers, he made it count, hitting **Joey Schlesinger** with a 10-yard touchdown pass before connecting with **Albers** for the 2-point conversion and the 15-3 Libertyville lead.

Warren made it interesting as Robinson hooked up with **Derrick Richardson** with 1:52 left in the first half to put the score at 15-9. Facing a 22-9 deficit, Robinson ran the ball in for a 4-yard score.

While a 4-5 record is a far cry from 9-0, Kuceyeski still had a lot of respect for his conference foes.

"They were fighting for their playoff lives, so we knew that it was going to be a fight," Kuceyeski said. "It's too bad that they couldn't get into the playoffs because they're a good team. But we wanted to make it 9-0."

Finishing off the regular season with a spotless record is a privilege only a handful of teams enjoy. Not so coincidentally, the last two area teams that finished at 9-0, the '03 Carmel Corsairs and '04 Wildcats, both went on to state championships.

A perfect regular season is definitely a nice notch on any football player's belt, but Kennedy insists that the work has just begun.

"It feels amazing. There's nothing like it, especially in my senior season," Kennedy said. "Now, there's only one thing to do and that's win state."





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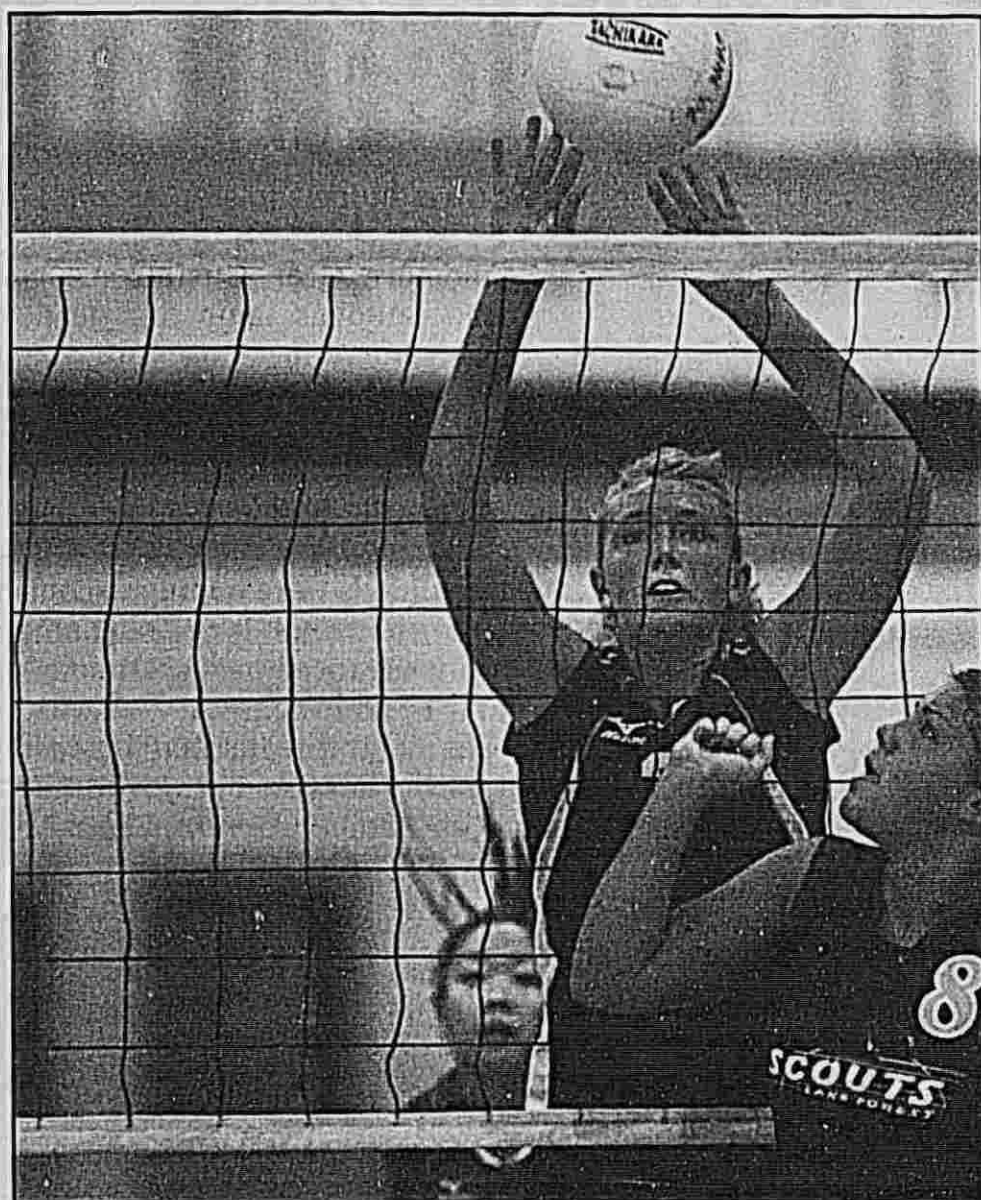
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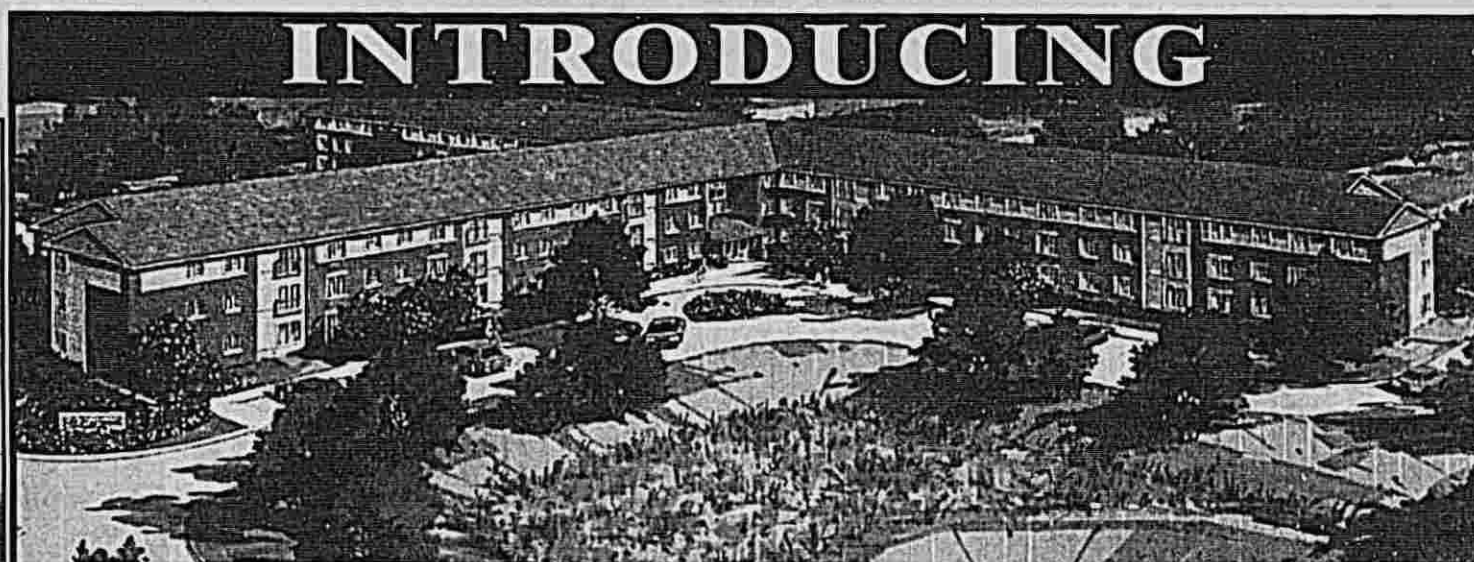


## Crosstown Classic



Annie Christie - achristie@nwnewsgroup.com

Mundelein's Mandi Baumgartner goes for the set against Lake Forest at the Crosstown Classic at Libertyville High School.



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### Girls tennis: Area state finalists

#### SINGLES

Lynne Poggensee-Wei - Grayslake Central  
Poggensee-Wei d. Megan Kallemeyn  
(Chicago Christian), 6-0, 6-0  
Poggensee-Wei d. Lauren Gordon  
(Schaumburg), 6-0, 6-0  
Poggensee-Wei d. Kate Klein (Hinsdale  
Central), 6-2, 6-0  
Poggensee-Wei d. Kim Szokol (New  
Trier), 6-0, 6-0

#### Quarterfinals

Poggensee-Wei d. Taylor Marable  
(Hinsdale South), 7-6 (2), 6-4

#### Semifinals

Elizabeth Epstein (F.W. Parker) d.  
Poggensee-Wei

#### Third Place

Hanna Mar (Hinsdale Central) d.  
Poggensee-Wei

#### Karina Kocemba - Warren

Kocemba d. Nicole Maier (Carmi White  
County), 6-0, 6-0  
Kocemba d. Rachel Dillon (Fenwick), 6-1,  
6-0  
Rachael White (Deerfield) d. Kocemba,  
6-3, 6-0

#### Consolation

Kocemba d. Greta Nudel (Lake Forest),  
6-3, 6-2  
Kocemba d. Mia Elmore (Springfield), 5-  
7, 6-1, 6-2  
Hannah Esker (St. Anthony) d. Kocemba,  
6-2, 6-2

#### Darlene Naolhu - Grayslake Central

Naolhu d. Regina Wu (Mattoon), 6-1, 3-6,  
6-1  
Hanna Mar (Hinsdale Central) d. Naolhu,  
6-0, 6-0

#### Consolation

Liz Exo (Lincoln-Way East) d. Naolhu, 6-4,  
4-6, 6-1

#### DOUBLES

#### Allison Strakusek/Taylor Ackermann - Warren

Jenna Bounds/Emily Isaacs (Rock Island)  
d. Strakusek/Ackermann, 4-6, 6-3, 6-3

#### Consolation

Strakusek/Ackermann d. Erica  
Bramlet/Katie Dunkel (Mt. Carmel), 6-4, 7-6  
Taylor Cook/Kelsey Delsignore (Belleville  
West) d. Strakusek/Ackermann, 6-3, 6-0

#### Samantha Parker/Kelly Runge - Grayslake Central

Teryn Skowronski/Bridget Lawless (Notre  
Dame) d. Parker/Runge, 6-1, 6-0

#### Consolation

Ashley Ferkol/Christina Park (Naperville  
North) d. Parker/Runge, 6-0, 6-3

#### Alice Wang/Rachel Fallos - Warren

Jennifer Isaacs/Lauren Levinson d.  
Wang/Fallos, 6-3, 6-2

#### Consolation

Amy Siemon/Jennifer Maruyama  
(Crystal Lake South) d. Wang/Fallos, 6-1,  
6-0

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## BOYS SOCCER: WARREN REGIONAL

# Warren tops Wauconda in title game

## Bulldogs' three second-half goals against Zion-Benton put them in championship

By STEVE PETERSON  
speterson@nwnewsoup.com

Playing in conditions unsuitable for a duck with an umbrella, Wauconda's boys soccer team rose to the occasion and downed Zion-Benton, 3-1, in regional soccer action.

The Bulldogs scored three second-half goals after Zion struck first.

Wauconda's 12th victory allowed the Bulldogs to advance to the Warren

Regional championship against host Warren.

But Warren, which improved to 21-2, was too much for the Bulldogs, posting a 6-1 win. The Blue Devils scored five unanswered goals in the first half.

In the regional semifinals, Wauconda junior goalie Eugene Nagawiecki turned back Zion's best chance early on a penalty kick. After the game, Nagawiecki spoke about the intensity of the game, but his coach,

Terry Stevig, was pleased with his goalie's ability to stay cool under the pressure.

"Eugene had a very good game. He is only improving and will be a great keeper in college," Stevig said. "Zion is a good team. They had their chances in the first half."

Offensively, senior Nick Swanson tied it up for Wauconda at 1-all in the 45th minute of the second half.

Despite three goals of production, Stevig insists Wauconda's game scheme wasn't modified during the game.

"We did not change anything in the second half," Stevig said. "We told them that they outplayed us in the first half

and we would have to step up and play hard."

Sophomore Greg Gustafson's goal gave the Bulldogs their first lead as Gustafson won a foot race with a Zion defender.

Sophomore Mike Mrlohen tallied for the third Wauconda goal in the second half to give the Bulldogs the big victory.

The Bulldogs were hoping to continue a tradition of a long tournament run. They advanced past sectionals on a regular basis in Class A.

"I was on the team that made the Sweet 16 in Class A, but the competition is so much better in Class AA," senior Mike White said.

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## BOYS SOCCER ROUNDUP

## Corsairs, Rams earn regional hardware

LAKE COUNTY JOURNALS

After handing down a 7-1 manhandling to North Chicago, the third-seeded Carmel Corsairs took home their own regional trophy with a 3-1 win against McHenry.

Only **Ryan McNaughton** scored for the Warriors in the loss.

McHenry's Warriors ended their season at 12-9-2.

### McHenry 2, Round Lake 1

It took two overtimes to do it, but McHenry held off a hard-charging No. 16 seed in the Round Lake Panthers. McHenry's **Francisco Tolentino** scored both goals for the win.

### LAKES REGIONAL

#### Grayslake Central 6 Richmond-Burton 1

Despite the game being called with 12 minutes remaining, Grayslake Central still found the time to rattle off six goals for the Lake Regional championship win.

Grayslake's **Milan Stupar** scored three goals in the win, while **Nolan Sandberg**, **Eric Giron** and **Mike Davis** added goals.

**Grayslake Central 3, Antioch 0**  
Central's Sandberg started

off the scoring and assisted in two other goals to lead the No. 2 Rams over Antioch.

Stupar and **Chris Blevins** also scored for the Grayslake win. No. 12 Antioch ended its season at 14-8.

### Richmond-Burton 2, Lakes 1

Ninth-seeded Lakes' **Steve Korosis** scored late in the second half to bring his Eagles back in contention with the 1-1 lead tie.

However, the No. 7 Richmond-Burton Rockets rattled off two of their own for the win. Lakes ends its season at 12-9-1.

### LIBERTYVILLE REGIONAL

#### Lake Forest 1, Mundelein 0

The Libertyville Regional championship went into the third round of shootout kicks, but Lake Forest's **Tim Marshal** finally found the goal to end Mundelein's season at 8-7-7.

### WARREN REGIONAL

#### Warren 6, Wauconda 1

Warren senior **Brandon Fox** scored three of the Blue Devils' five goals in the first half to lead the top-seeded team. **Anthony Colaizzi** also added a goal for the victorious Warren team.



BOYS SOCCER: LIBERTYVILLE REGIONAL

# Waukegan falls to eventual regional champ

Mundelein takes second to L. Forest

By DANIEL J. PATRICK  
dpatrik@nwnewsgrgroup.com

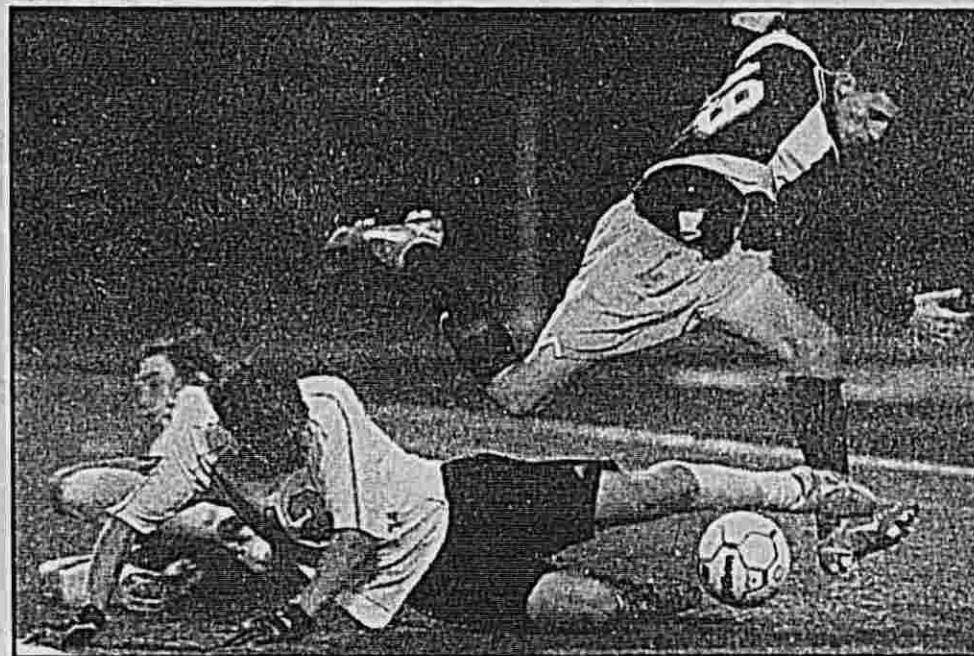
LIBERTYVILLE — When the season is on the line, rankings don't mean a thing.

Coach Mike Berrie and his sixth-ranked Waukegan Bulldogs learned that the hard way as they were upset by No. 10 Lake Forest in the opening round of the Libertyville Regional.

But for Waukegan senior Hymen Castrohon, this was his final soccer game in a Bulldogs uniform, and he fought with all his might to make sure that it wasn't the end of the show.

In the closing seconds of the game, Castrohon got the ball about 5 yards away from the goal, fire a shot that bounced off the top of the goal, got his own rebound and missed again.

"[Castrohon] has been our leader pretty much by default because we only had a couple of



Chris Padgett - cpadgett@nwnewsgrgroup.com

Mundelein's Eric Krause (left) attempts to stop Libertyville's Alvaro Castro from scoring during the regional play at Libertyville High School. Mundelein won the match to advance.

seniors. And as you saw, he fought to the end," Berrie said. "It's a shame that it ended like that, but he worked hard for us."

Lake Forest controlled the ball throughout the first half, limiting Waukegan's offense to just five shots and one goal in the stanza, while the Scouts themselves had twice the output.

"That's our game is to move the ball around with short, quick passing because we don't have enough pace to play long ball," Lake Forest coach Rob Parry said. "For most of the first half, we played really well and denied most of [Waukegan's] chances. [Goalie] Jack Barrett only had to make a couple of saves."

While Lake Forest controlled the tempo of the game, Waukegan actually struck first as Castrohon scored with 29:02 left in the first half. Lake Forest's Alex Bennatan answered back 14 minutes later and James Amato finished up the scoring to give Lake Forest the 2-1 lead.

At the end of the game, the Bulldogs had a chance to force an overtime as multiple players shot for the goal, but they were unable to reach the back of the net.

"I think this team has under-achieved all year because we're a much better team than our record," Berrie said. "We just couldn't find it tonight."

## Mundelein 2 Libertyville 1 (OT)

Three wins makes for an awfully long season, but the Libertyville Wildcats lost a heartbreaker to nearby rival Mundelein, ending the Wilcats' season at 3-15-3.

Despite carrying a nine-seed advantage over the Wildcats, No. 4 Mundelein got almost all it

could handle in the opening-round matchup. It wasn't until 24 seconds were left in the sudden-death overtime when Ivan Diaz scored the game-winning goal.

"This will raise our team, because this shows that we can win," Diaz said. "I think it's [great] because it's an important goal. To beat Libertyville [in the regionals] is great."

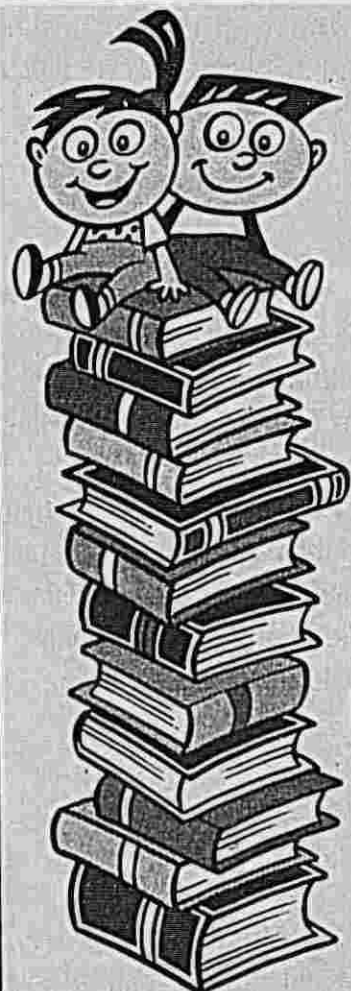
This game wasn't the first time Mundelein and Libertyville clashed as the two teams battled to a 0-0 tie earlier in the season.

"We told the guys that this time of year, it's basically about surviving and just being one goal better," Mustangs coach Chris Sell said. "Unfortunately, we gave up one penalty kick. But we had our opportunities, and I thought we handled the conditions well. It's a good win for our guys."

The Mustangs went on to play Lake Forest for the Libertyville Regional championship, but were upset by the No. 10 Scouts, 1-0, ending the season at 8-7-7.

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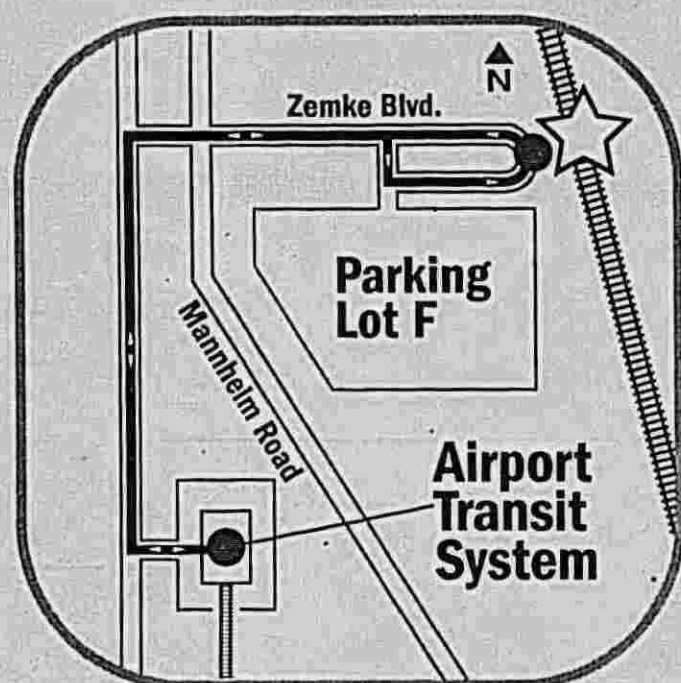


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## PREP FOOTBALL: NORTH CHICAGO 13, GRANT 7

# Playoff-bound 'Dogs fall to Warhawks

By STEVE PETERSON  
[speterson@nwnewsgroup.com](mailto:speterson@nwnewsgroup.com)

NORTH CHICAGO – For one half, it looked like the typical Grant formula for football success:

Let the defense dominate the first half and make the big plays, while the offense waits to come alive in the second half.

North Chicago had other plans on its senior night.

The Warhawks had the consistent defense, too, but used a powerful second-half rushing game and a defensive touchdown to beat Grant, 13-7.

The loss continued Grant's frustration with playing the Warhawks, and dropped them to 5-4 overall and 4-2 in the North Suburban Conference Prairie Division.

Nevertheless, the Bulldogs are still playoff bound.

"Their playmakers make the plays in the second half and ours did not," Grant coach Kurt Rous said. "We're normally the second-half team, but not tonight."

Grant tried to make a 10-yard scoring run by leading rusher Joe Claver stand up, but the

Bulldogs could not generate any other offense. Grant had two missed field goals of 31 and 40 yards.

The Bulldogs did have an effective passing game in the first half, as Frank Giannosa completed 7 of 10 throws, while Claver, seeking a 1,000-yard season, had 39 yards in the first half and 55 for the game.

The backbreaker for Grant came when the Warhawks' Marquis Miller picked off a pass and went 60 yards for the score.

Grant had two turnovers by its defense on fumble recoveries. One chance led to a fourth-down pass, but fell incomplete at the North Chicago goal line.

The Bulldogs had one last gasp for a chance to win when North Chicago lost out on downs with just 4 seconds to go. But a Grant pass never materialized.

North Chicago coach Mike Genda said he was proud of his team's accomplishment of a division title, especially after starting the season at 1-3 after an early loss to Wauconda.

No. 14 Grant opens Class 6A postseason play today, traveling to third-seeded Geneva today at 7:30 p.m.

## ● Hometown Sports

### Lindenhurst Comets GU-12 continue success in Rockford

After starting out the season on at a torrid pace, winning their first 11 matches, the Lindenhurst Comets GU-12 team brought its winning ways to Rockford. There, they took second in a highly-competitive tournament to finish 4-1 in the tourney and 14-5-2 overall.

In Game 1, the Comets took on the Freeport Fire and walked away with the easy 3-1 win, followed by a big 4-1 victory over the Chicago Fire Blue team. Game 3 brought more of the same, beating the Rockford Sirens, 1-0, but the Comets fell to the

Milwaukee Tsunami, 2-0.

Kelsey Borders was the Comets' leading scorer with five goals while Adriana Nunez, Terese McMahon, Heather Hansen and Jaclyn Brennan all found the back of the net. Katie Larson and McMahon were stellar at the goalie position, allowing only three goals in five games for the Comets.

Other members of the Comets squad are Taylor Wright, Amanda Timmerman, Ellie Gallo, Sarah Klosterman, Rachel Huber, Taylor Jamil, Mikaela Brown, Sammie Ney, Rachel Medina, Tatiana Katres, Haley Simpson and Sadie Cozzi.



## GIRLS SWIMMING: WARREN 96, MUNDELEIN 90

# Blue Devils clip Mustangs in dual meet

## Warren wins every relay, sweeps 100 backstroke en route to victory

By EMILY PREVITI  
epreviti@nwnewsgroup.com

MUNDELEIN – Cheering reached raucous levels at the culmination of the meet between Mundelein's and Warren's girls swimming teams. The roar wasn't just in response to the tight finish of this meet. It also spoke to the history between the squads.

The North Suburban Conference rivals tied each other during their 2005 matchup. This bolstered the athletes' competitive instincts as this year's meet approached, according to Warren coach Erik Rogers.

"Both teams came in more pumped than for a normal meet," Rogers said of the reverberations of last year's outcome.

Warren sophomore Kayla Verheyen dropped 2 seconds from her 100-yard backstroke (1:11.49) to complete the sweep for Blue Devils. Teammates Patty Wegrzynowicz (1:02.56) and Alley Calewarts (1:05.38) topped off the trio of top 100 backstroke finishers, and the race left the Blue Devils within striking distance as the meet drew to a close.

"She doesn't normally swim that event, but we put her in it and hoped she'd have a good swim," Rogers said of Verheyen. "But she got third and changed the whole outcome of the meet."

That outcome resulted in the Blue Devils' 96-90 victory against the Mustangs on Oct. 19. Warren won eight of 12 events, including all relays.

Mundelein won the diving competition.

Mustangs coach Rahul Sethna was proud of his 33-swimmer squad following the meet, especially since Mundelein graduated a bunch of seniors following the 2005 season.

"The fact that we came that close says a lot about our girls and all they've accomplished," Sethna said.

The teams headed into the final event with the knowledge that victory hinged on taking

the 400 freestyle relay.

The schools' A-relays raced within one body length as spectators leapt to their feet and their encouragement rang off the natatorium's walls. Warren's squad of Wegrzynowicz, Ashley Hyne, Kristen O'Connor and Courtney Jenkins stayed ahead through all legs of the relay, but never broke open water over the Mustangs. Mundelein seniors Megan Thompson and Siobhan Laren teamed with juniors Sara Marciniak and Sarah Falconer to finish 1.02 seconds behind.

For Sethna, this marked his 10th meet against the Blue Devils.

"The last relay came down for half a length," Sethna said. "You can't ask for anything else."

The meet marked Thompson's last at home.

"The team gets along really well, which I love," the Mundelein senior said. "We're a really close team. It's going to be hard to leave."

Thompson took the 200 freestyle (1:59.81) and 500 free (5:16.17). Thompson posted a time in the 500 just 2 seconds slower than the school record posted on the board. However, she lowered the mark earlier in the season to 5:11.

Mundelein senior diving standout Courtney Wilhelm also enjoyed success at her final attempt at home. At 235.05 points, Wilhelm led the Mustangs, who swept the event. Wilhelm placed 11th at state individual championships last year.

According to Sethna, Thompson, like the rest of the team, swam tired at both meets, as the team is keeping its focus on state championships.

Thompson has swum faster than the state-qualifying time (5:15.99) in the 500, but she must repeat her performance at the Lake Forest Sectional on Nov. 11.

Rogers said that none of his athletes have state cuts, but several are "within half a second."



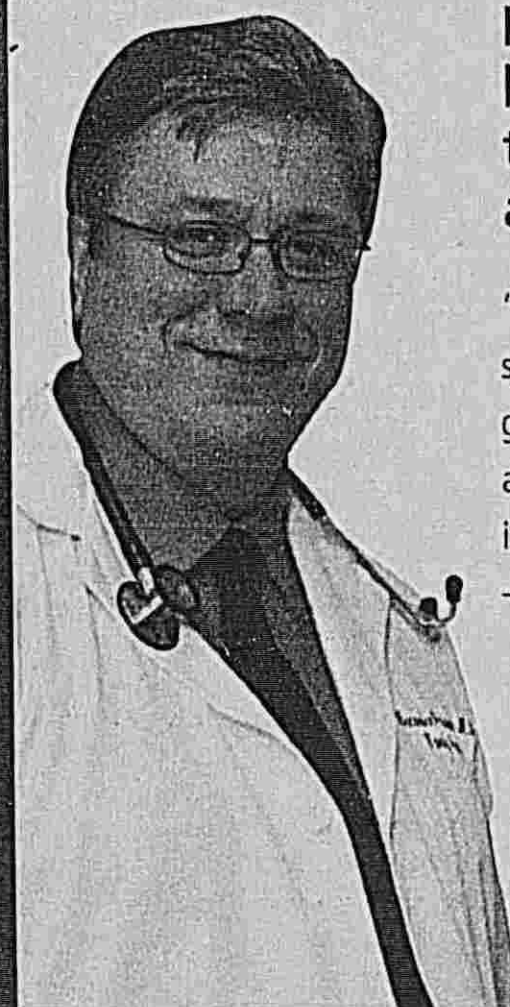
Sandy Bressner - sbressner@nwnewsgroup.com

Warren's Courtney Jenkins swims the backstroke leg of the 200-yard individual medley during a dual meet at Mundelein High School.

### Warren 96 Mundelein 90

200 medley relay: 1. Warren (Alley Calewarts, Ashley Hyne, Courtney Jenkins, Kristen O'Connor) 1:57.62, 2. Mundelein 1:58.38, 3. Mundelein 2:09.17. 200 freestyle: 1. Megan Thompson (M) 1:59.81, 2. Patty Wegrzynowicz (W) 2:02.40, 3. Megan Matheny (W) 2:08.41. 200 IM: 1. Sarah Falconer (M) 2:18.34, 2. Jenkins (M) 2:18.74, 3. Cassie Brueckbauer (M) 2:25.86. 50 free: 1. O'Connor (W) 26.53, 2. Sara Marciniak (M) 26.88, 3. Calewarts (W) 26.98. 100 butterfly: 1. Jenkins (W) 1:04.62, 2. Michelle Lau (M) 1:08.83, 3. Melanie Spedale (M) 1:11.69. 100 free: 1. Kristen O'Connor (W) 57.60, 2. Larsen (M) 59.06, 3. Marciniak (M) 59.18. 500 free: 1. Thompson (M) 5:16.17, 2. Hyne (W) 5:33.20, 3. Matheny (W) 5:41.97. 200 free relay: 1. Wauconda (Kayla Verheyen, Calewarts, Jenny L'Heureaux, Wegrzynowicz) 1:48.33, 2. Mundelein 1:48.80, 3. WTHS 1:54.34. 100 backstroke: 1. Wegrzynowicz (W) 1:02.56, 2. Calewarts (W) 1:05.38, 3. Verheyen (W) 1:11.49. 100 breaststroke: 1. Falconer (M) 1:11.45, 2. Brueckbauer (M) 1:13.61, 3. Hyne (W) 1:15.64. 400 free relay: 1. Wauconda (Wegrzynowicz, Hyne, O'Connor, Jenkins) 3:47.34, 2. Mundelein 3:48.36, 3. Wauconda 4:07.30.

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— Alexander Potermin, M.D.

Alexander Potermin, M.D.  
Family Practice  
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Grayslake, Illinois 60085  
847-231-5300





# Pro Football WEEKLY

## ● One Man's Opinion

### Favre proves again why he's the biggest class act

If Brett Favre isn't the greatest player in the history of the National Football League, he's certainly part of the conversation. The only man in the history of the game to win three Most Valuable Player awards, Favre needs only eight more victories to surpass John Elway (148) as the winningest quarterback in the history of the game.

But the last year and a half or so haven't been all that kind to Favre. The Packers fell to 4-12 last season, and Favre's passer rating was a career-low 70.9, including an NFL-leading 29 interceptions. Through the first six weeks of the 2006 season, in the NFC only Drew Bledsoe and Mike Vick had trailed Favre's 76.7 rating, with the Packers off to a 1-4 start. Favre was so low following the '05 season that he debated for almost four full months as to whether or not he would return to the game – a time period so long that in fact even a number of the Green Bay faithful turned against him.

I have become more secure in my conviction that Favre is the best ever, with each passing day. His records, including the one mark that I consider the greatest record in any professional sport, 227 consecutive regular-season starts at the QB position, clearly attest to his greatness on the football field.

And when I saw Favre stand up to lead again recently, voicing his disdain for the NFL's treatment of Koren Robinson and the details surrounding Robinson's minimum one-year ban from the game for substance-abuse problems, all I could think was: Good for you, Brett, perhaps I can help.

While I believe that the NFL's policy for dealing with drug and alcohol abuse is by far the best and most serious of any of the major professional sports, there is a very real flaw in its punishment stipulations. According to the terms of Robinson's suspension, he is required to clean out his locker at the

Packers' facilities and is not allowed to be in or around the building during the life of the suspension. A number of his teammates, including head coach Mike McCarthy, said they weren't even sure whether or not they "were allowed to speak to Robinson" while he is suspended.

"I don't like the way the league has, in my mind, turned their back on him," said Favre, who was specifically upset that the league would "clean his locker out and say you can't have [any] contact" with the team.

Said Favre: "I'm no expert, but I would think you would want for people to reach out to him and be within an organization that can help him, as opposed to saying, 'You're banned from the building. To make matters worse, we don't even want you over here, so go think about it, and deal with it on your own.'"

Koren Robinson is clearly a very troubled young man with a serious dependency problem. Based on what is public knowledge of the situation, the NFL was absolutely right to suspend him without pay. The league must keep drugs and alcohol out of the game, and by telling Robinson that if you're using, you're gone, it's doing the right thing. Furthermore, Robinson has benefited greatly from the NFL, and now he's damaged the game with his abuse, which makes it more than fair to punish him, both for the damage he's done and, hopefully, as a tool to make him a better man and resurrect his contributions to the game and to society. His minimum one-year suspension without pay should send a truly powerful message.

But by also banishing him from his team, what is the league accomplishing? I believe it's cruel and unusual punishment that in no way benefits the NFL or the Packers but could very well, worst case, do significant damage to Robinson's ability to recover successfully and, best case, make what should be everyone's top priority – helping this troubled young man lead a better life – far more difficult to accomplish.

• Hub Arkush is the editor of Pro Football Weekly.



Hub  
Arkush

## ● Bears Insider

### Can Bears' offense return to form?

It should come as no surprise that the stars continue to align for our Bears and their march to Miami. Some years you're the bug, other years you're the windshield. I bet you can guess which end of that expression describes our heroes.

Without lifting a finger last weekend, their hold on homefield advantage throughout the playoffs strengthened as the Eagles, Panthers and Seahawks all took it on the chin. The bye came at a perfect time as coach Lovie Smith's guys had a chance to heal their nagging injuries and a bruised ego.

**What's at stake:** This is the most important game of the season to date. Not because the 49ers are a stiff test or the division lead is in jeopardy, but because last Monday night some doubt crept into the minds of Rex Grossman and his offensive mates.

Everyone in the vast "Bears Nation" wants to know how the Bears QB will handle this on-field adversity. Dealing with injuries is one thing, dealing with failure in front of a national audience is an entirely different animal.

**Most dangerous opposing player:** At the age of 34 and in his 13th season, Bryant Young is a bit past his prime. But his 80 career sacks speak to his ability as a pass rusher. If this Bears offense is to bounce back, Rex is gonna have to have time to throw. Fred Miller must contain the grizzled veteran as he tries to pressure Grossman off the edge.

**Why the Bears will win:** After last Monday nights mess, I think I'm gonna shelve the "Rex Montana" talk for a while, of course reserving the right to break it out again as soon as he has another big game.

In the meantime, Rex and Ron Turner must get back to basics. This offense needs a game manager, not a super hero. His feeling of invincibility

has led to bad decisions and poor fundamentals. Here's hoping Rex spent the last two weeks working on proper footwork.

Grossman wasn't the only guilty party in the desert. Thomas Jones shuffled his feet, looked indecisive and has opened the door for Cedric Benson, who should get more carries this weekend.

A renewed commitment to the running game is essential. The 49ers defense should be a willing victim. They are a group that will wilt if you pound them early and often.

The Bears will concentrate on exploiting the right side of the Niners defense and run behind big John Tait. The truth is, everything should work against this San Francisco defense. They are equally soft against the run and pass, allow opponents to convert 51 percent of their third downs and give up a league worst 32 points per game.

**Why the 49ers will win:** Well, I guess I was a bit presumptuous in assessing the Cardinals' chances a couple weeks back. As a former player, I should know better, but I, too, got caught up in the hysteria. And if the Cardinals scared you, you should be terrified of the 49ers.

While they struggle on defense, they are a balanced offense led by a promising young quarterback. Alex Smith has made a quantum leap in his second year, completing 60 percent of his passes with eight touchdowns and just four picks. If given time, he and Antonio Bryant will give the Bears secondary fits.

**Who wins:** At 6-0, the Bears obviously have a high esteem, but the near disaster in the desert should have shook them to the core.

Yes, good teams find a way to win even when they're not at their best, but great teams learn from their mistakes and don't repeat them. If they are to become a championship team, Rex and his offensive buddies must bounce back immediately and exorcise their Monday night demons.

**PREDICTION:** Bears 27, 49ers 13



Tom  
Waddle



# JOURNAL MARKETPLACE

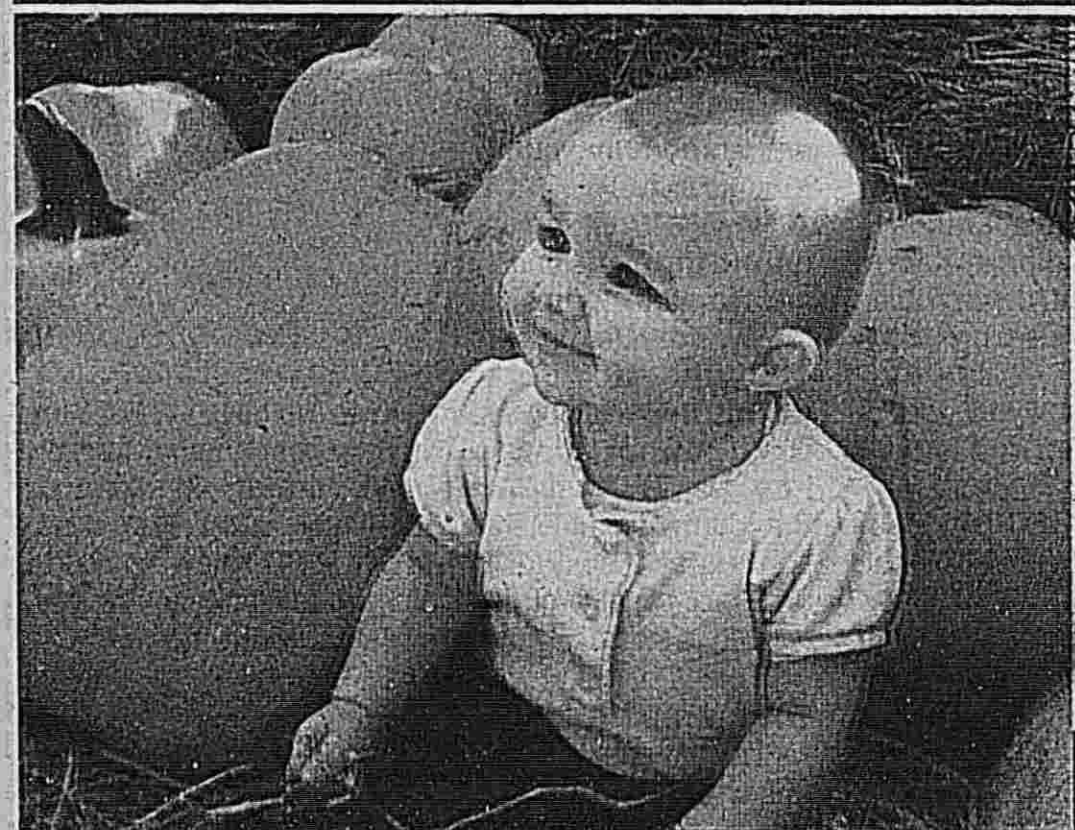
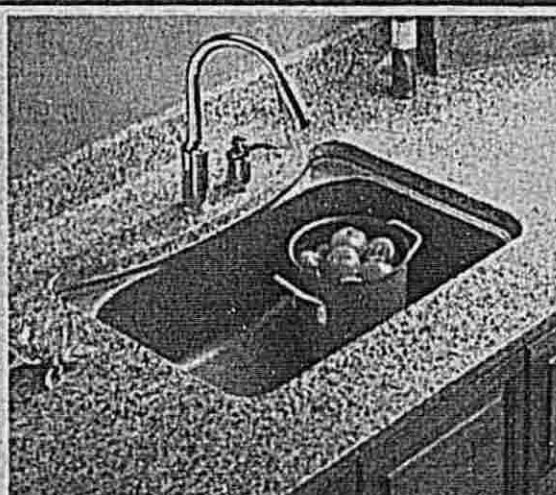


Photo courtesy Gina Fasano

Seven-month-old Ava Fasano plays in the pumpkins at Apple Holler in Sturtevant, Wis.



**WINTER IS  
THE PERFECT  
TIME FOR  
KITCHEN  
RENOVATION**

Page B2

**HOW TO SAVE MONEY ON  
YOUR HEATING BILL**

Page B3

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**DON'T LET FAULTY  
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Page B23



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LAKE COUNTY  
JOURNALS

# REAL ESTATE

## Winter is the perfect time for kitchen renovation

You may not realize it, but this time of year can be the perfect time for a kitchen renovation.

### Timing is everything

Think you should wait until spring to start your kitchen remodel? Think again. Business for contractors and builders tends to be slower from November through February, since few people want to take on a major construction project in the middle of winter. This means they can spend more time with a homeowner to create a space that will be ideal for their current and future entertaining needs.

### Where to start

Rethink your kitchen design and focus on an open floor plan. Open up part of the room, creating a half wall, installing a center island and adding more counters as some of the options available to create more space in your kitchen. Better yet, why not combine an informal dining area with a family room? This will bring the party to where it has always tried to be—right in the center of the action—the kitchen.

### Designated prep areas

A center island or extended counter with designated

preparation areas makes it easier for guests to lend a helping hand in the preparation of the meal. To make the most effective use of your space, consider installing a small vegetable washing sink in addition to your regular sink.

For added convenience in the kitchen, another item to consider for your wish list is a high arc, pull-down faucet.

Other handy products to complete the ideal prep area include...

- A small pull-out shelf in the false front of your sink to store sponges and cleaning brushes and reduce counter clutter.
- A specially-designed cutlery drawer with a roll-out cutting board to keep knives together and off the counter.
- A small refrigerated drawer to keep produce fresh and at-hand for meal preparation.
- Drawer-mounted dishwashing units near each sink to reduce the amount of cleanup at each station. These new appliances are capable of holding up to five place settings and can manage pots, pans and cutlery.

### The beverage center

Now that you have envisioned a designated food preparation area, think how wonderful it would be to have a

self-contained beverage station in your kitchen as well.

A wine chilling drawer in your island can maintain optimal temperatures for up to 40 bottles of wine.

Chardonnays and sparkling wines can be kept at one temperature while red wines can be kept at another temperature ideal for serving. A refrigerator drawer mounted under the counter, complete with ice maker, can store your mixers, beer and sodas for guests as well. The new ice making units are capable of producing up to 40 pounds of ice—enough to suit all of your future entertaining needs.

### The coffee station

The gift of hot coffee for all can be right at your fingertips with a built-in coffee and cappuccino maker. These new units have a designated water line and no longer need to be manually filled with water. These coffee makers can grind and produce multiple cups of coffee at one time. No longer will you have to wait five minutes between each frothy cup. A warming drawer under the coffee maker can keep cups warm for piping, hot cups of coffee.



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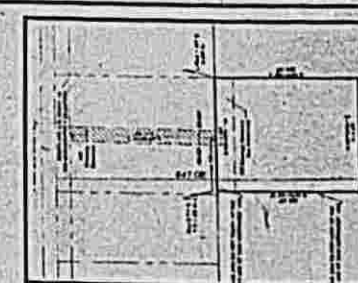
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# How to save money on your heating bill

Before the temperatures drop, take the time to inspect your window and door frames both inside and out. Check around the outside frame and between the door and inner frame. If you see cracks or daylight anywhere, either caulk or stuff rags into the cracks. If a gap is big enough, do both: Using a butter knife or something similar, stuff strips of cloth into the gap until it's almost even with the outer surface, then cover lightly with caulking. You get the best of both worlds by doing that. Rags are better insulation (besides usually being free), but caulking looks better and will stay in place better. Even if you can't see daylight under the door, keep a rug or draft dodger pushed against it.

If the door doesn't fit snugly in the frame, put strip insulation around the frame to fill in. Again, the rag bag comes to the rescue. Instead of buying strips of foam or felt, you can use any heavy material, or use your own felt salvaged from an old hat or shrunken wool garment. Tack or

staple it into place.

Draft stoppers for under the door are easy to make. Cut a piece of sturdy material 8 to 10 inches longer than the door is wide and at least 12 inches wide. Fill it like a taco with dry corn, rice, beans, sawdust or sand, then bring the sides up and sew them together firmly. Gather the ends, leaving a few inches, and tie string or yarn or (go ahead, get fancy) ribbon around it.

Windows are notorious for letting in cold air, so make it a priority to put up storm windows or plastic sheeting over them if possible. First, though, check the frames to make sure they fit well and caulk wherever necessary. If there's a gap in the sash where two windows fit together, caulk or stuff it with rags before covering with storm windows or plastic.

Even if you have good windows, window glass will let in the cold—there's just no way around it. The best protection is to cover that glass with something that will keep in the heat. Window

"quilts" are popular, but you can make do with a simple piece of heavy material cut to fit the window frame. Hold it in place with Velcro or tape at night. It really will make a difference.

No need to heat unused areas. Keep closets, pantries and storage areas closed off. Same goes for bedrooms and other rooms which are not in constant use. Open the doors an hour or so before bedtime; and be sure to check inside cabinets for gaps or cracks. These areas are often overlooked.

Insulate electrical receptacles and switches. You can buy foam forms to put in them, but you can just cut pieces of Styrofoam to fit.

Part of keeping warm is thinking you are! To make a room seem warm, use thick textured materials for accents like Afghans, area rugs and pillow covers. Make use of warm colors like reds and golds and arrange the furniture so that people sit closer together. This all contributes to a feeling of warmth—and that's what it's all about.

## Creative ideas for kids' spaces

There is an interesting trend occurring these days: Homes are getting larger while families are getting smaller. According to U.S. Census reports, the size of the average family is on a steady decline, from 3.58 members in 1970 to 3.21 in 2000. A number of people are choosing not to have children, and those who do are stopping after the average one or two.

The added space around the home means homeowners can devote entire rooms to kids' play spaces or areas apart from their children's bedroom. There are ways to personalize these spaces and make them kid-friendly.

• Think color: If ever there was a place that can be infused with bold color, it is a child's play area. This room offers the perfect chance to play with primary colors, color blocking or any color combination that suits the fancy. The bright colors will also engage younger children who are often stimulated by strong color and pattern.

• Impart whimsy: There are all sorts of products geared toward embellishing a child's room or play space. From wall-sized murals to themed decorative accents, the possibilities for

creativity are virtually endless, depending upon budget. For an easy way to dress up a play area, consider this tip: Visit a local teacher-supply center, which stocks visual and educational signs, pictures and bulletin board decorating materials. These items can be used to add a personal touch to a play space in a short amount of time. Plus, since they're relatively inexpensive, they can be taken down and switched as the children grow older or their interests change.

• Remember scale and space: Don't fill the room to the brim with large pieces of furniture and toys galore. Proportion the scale of play area furnishings to the child who will be using them. Also, leave ample floor space for independent or group play, or for just dancing around to music.

• Invite imagination: While store-bought toys come in a wide range of options for stimulating mental acuity in children, some of the best playthings include items that foster imagination. Fill a toy chest with blocks, old clothes for "costumes," bowls, spoons and any other safe items to encourage creative thinking and play.

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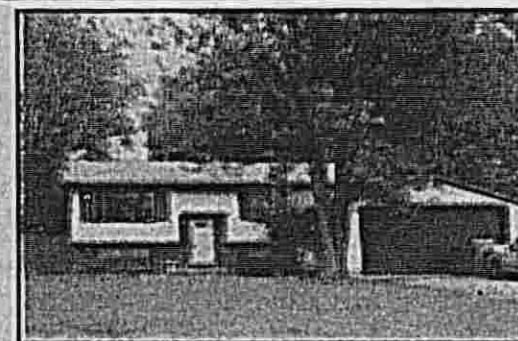
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## Wading through the wallpaper waters

One of the first changes many homeowners want to make upon moving into their new home is the wallpaper. Wallpaper tends to set the tone for a room, making the choice of wallpaper one that requires knowledge and a good idea of what you want out of a given room. While the decision process can be a fun one, it helps to have a knowledge of the different types of wallpaper before making that choice.

• **Lining paper.** Lining paper is not for decoration, but instead applied to walls that will be painted. The most useful thing about lining paper is that it covers up strong colors, important to new homeowners moving into a home where the color scheme was something they disliked and the colors were bold or very strong.

• **Vinyl-coated paper.** Vinyl-coated wallpaper is among the more popular choices. This type of paper can be scrubbed and stripped, and typically the decorative surface is coated with an acrylic vinyl or polyvinyl chloride. It's also easy to hang, and its tough surface makes it ideal for kitchens and bathrooms.

• **Vinyl paper.** This is not to be confused with vinyl-coated paper, as the two differ in strength and thickness. Vinyl paper is typically the tougher of the two, as the vinyl is thicker than vinyl-coated wallpapers. Vinyl paper is also tougher to strip, as water does not do much to remove the vinyl paper from the wall. Like vinyl-coated paper, however, vinyl paper, thanks to its toughness, is ideal for kitchens and bathrooms.

• **Hand-printed.** Those wanting hand-printed paper should be prepared to do some hunting and spend some money, as hand-printed papers are both harder to find and more expensive than other types of paper. Such paper is also best hung by a professional, as only rarely do hand-printed papers come trimmed, meaning they'll need to be cut by whoever is doing the hanging. Cutting paper is very difficult, making hanging expensive hand-printed paper a job for someone with skill and experience doing so.



Choosing the right wallpaper involves more than just knowing what color or design scheme you have in mind.

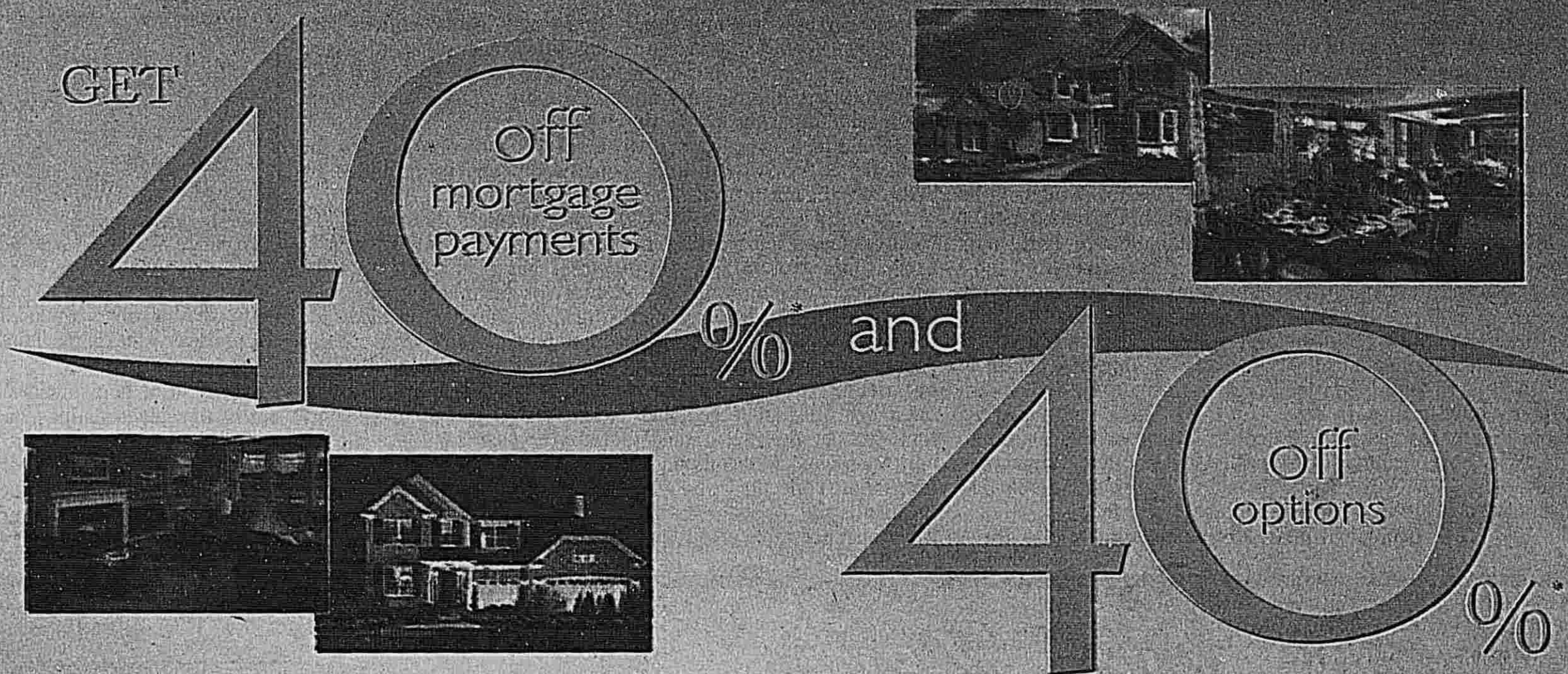
• **Anaglypta.** Anaglypta are plain embossed patterned papers that are painted over with emulsion- or resin-based paint. These are best for covering up damaged walls or ones with significant defects, as the paper does a good job covering bumps or lumps in such walls.

• **Flock wallpaper.** Flock wallpapers are those that look and feel like velvet. Flocks are typically among the more expensive as well, meaning a professional should probably be called in to do the job. Professionals should also be hired because of the high degree of difficulty when hanging flocks. Flocks are typically ruined when glue touches the surface, so a first-time do-it-yourselfer should steer clear of hanging them.

• **Foil wallpaper.** While anaglypta is the ideal wallpaper for damaged walls, foil wallpaper is not, as it is fine and all lumps or bumps will easily peer through the paper. Foil wallpapers are best for darker rooms due to their shiny surface, which reflects light. Hanging foil paper requires some caution as well, since it contains a metallicized coat that allows it to conduct electricity, meaning tucking such papers behind outlets or switch covers should never be done.



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Centers.

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vative and spacious 3 and 4 bedroom floor plans up to 3660 Sq. Ft.  
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proceed to Sales Center on left.

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54 West. Proceed 0.5 miles West to Mitchell, turn left to Duff, turn left to Munson St.  
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proceed West to Sales Center.

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The whole family will love the great parks and schools.  
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proceed West to Essex, North to sales center.

#### Elgin - Shadow Hill

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Single Family Homes from the \$300's  
847.697.2999  
Townhomes from the \$200's  
847.608.5300  
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Randall Rd. at Rte. 20. Ryland's newest Master Planned community  
located in fast growing western Elgin. Enjoy the convenient shopping  
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Directions: Take I-90 west to Randall Rd. south, west on Rt. 20, south on Hestler Rd.  
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#### Elgin - Tuscan Woods

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Single Family Homes from the upper \$300's  
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Enjoy the Grand Opening of Ryland's newest community in Elgin. Visit  
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include 2 or 3 car garages and basements.  
Directions: Take I-90 West to Randall Road South, to Highland Avenue East to Sales Center.

#### Round Lake - Emerald Bay

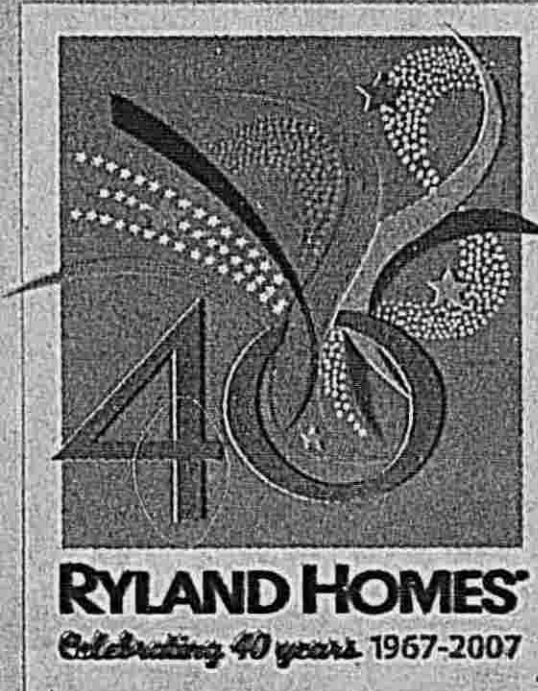
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# Ahhh ... Enjoying the 'suite' life

Master bedrooms have evolved over the years. In the past, bedrooms and homes in general were built small in scale. People didn't need much space in the bedroom — it was simply a place for sleeping. Today, however, most homeowners see the bedroom as a retreat, a place to escape the kids for a while, or just a space that's personal and off-limits to the remainder of the family. Some even want an area to call his or her own, apart from a spouse.

With this in mind, master bedrooms have grown in size and purpose for the past several years. They now encompass exercise areas, TV-viewing spots and hotel-esque bathrooms. As such, they've morphed from

bedrooms into "suites," and trends for master suites are continually evolving. Here's a look at some of the most popular:

**Concealed kitchens:** Dreaming of enjoying a mid-night snack without tiptoeing down to the kitchen? It can be a reality when a mini kitchen is included in a master-suite plan.

Some homeowners opt for a small sink, refrigerator and microwave to keep snacks on hand. For others, an electric coffee pot is a luxury — simply program to brew in the morning and enjoy a cup of joe while still under the covers. Kitchen works can be concealed in decorative cabinetry or armoires that mimic the look of bedroom furniture.

**Adjoining rooms:** For those

who need extra space in the bedroom, take down a wall to an adjoining bedroom to enlarge the suite. Many empty-nesters are doing just this, absorbing the space of a former bedroom and creating a doorway into this area from the master bedroom.

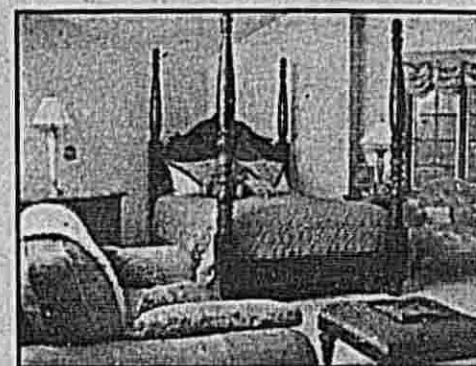
The extra space can serve as the foundation for a bathroom, exercise area or office within the master bedroom itself. Some like to keep it partitioned off from the rest of the master bedroom as a private reading nook or quiet retreat when kids have taken over the rest of the home.

**Luxury spa:** Having a master bath is an important component of the suite concept. Those with the means and the space are taking master bathrooms to en-

tirely new levels, replete with spa tubs, separate steam showers (with room for two), dual vanities to give each occupant space to primp, and closed-off areas for the commode, so the bathroom can be occupied by two at any time.

**His-and-hers closets:** The concept of one large, walk-in closet has been replaced with dual closets for both residents of the master suite. This allows for more personal space and organization of clothing and other items. Closet organizational systems are key to creating functional space in these areas. There also may be a shared dressing or vanity area.

**More outside light:** To complete the inviting atmosphere of




Master-bedroom suites may include separate seating areas, elaborate bathrooms, his-and-hers closets, and space for the ultimate retreat.

a master suite, homeowners are opting to replace smaller, dated windows with larger ones to let in more natural light. A bay window with a window seat creates a cozy spot for reading or daydreaming.

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## Did you know?

If you are having trouble visualizing what your design plan may look like prior to purchasing supplies and getting the work started, you may want to consider home-design software. There are a number of programs available that are downloadable, come on disks or are Web-based. While some of the functions may be different, most of these programs employ 3-D imagery that allows you to build a room complete with furnishings and decorative elements. You can do a walk-through of your proposed room and see how furniture placement and wall hangings will work. Some programs alter the light entering the room, so you can also see how your space will look during the day or night. You may also be able to get several views of the room. Once you are happy with a design, simply download the color scheme and respective pictures to take with you when shopping or consulting with a design expert. Some of the more popular software includes Plan3D® and 3D Home Architect® Home Design Deluxe 6. Learn more at [www.plan3d.com](http://www.plan3d.com), or visit a software retailer.



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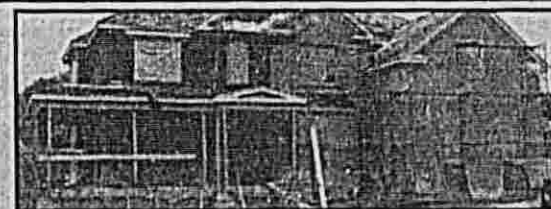
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5 bedroom home on over 2 acres with pond! Still time to make selections. Catwalk upper hall has view of 2-sty family room with fireplace & 2-sty foyer. Den off kitchen w/fireplace. 3 car garage. Huge gourmet kitchen. Master has tray ceiling + sitting rm w/fireplace! \$999,900

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### LUXURY HOME ON WOODED LOT

Top-quality home in Lindenhurst's beautiful Emerald Ridge. maple kitchen w/granite tops. 2-sty family room w/floor-to-ceiling brick fireplace. Hardwood floors, huge master suite w/sitting rm & marble whirlpool bath. Crown molding, tray ceilings. 5 bdms, 4 baths. Like new! \$769,000

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French Country Style Home with circular staircase. 1st floor study. Screened porch to enjoy the nature area. Cherry finished kitchen with granite tops. ALL 4 bedrooms have their own bath & walk in closet! Tall ceilings. 3 car garage. 4-1/2 baths. \$949,000

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### PANORAMIC GOLF COURSE LOT

Gorgeous 3 BR ranch with 3 baths! Cathedral living room with brick fireplace. Gourmet maple kitchen w/granite tops & stainless appliances. Vaulted screened porch & brick terrace. Expanded master with his & hers walk-ins and whirlpool bath. Finished lower level. Hardwood floor. Prestigious Merit Club! \$724,900

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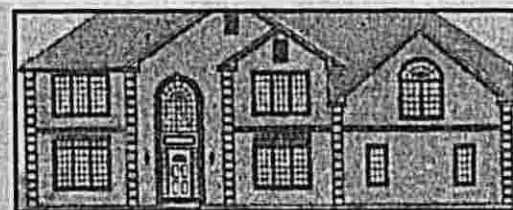
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### GURNEE'S STEEPLE POINTE

Beautiful 5 bedroom, 4-1/2 bath home with finished English basement. Soaring ceilings. 2-sty foyer, living room & family room with hardwood floors. Huge master with sitting area, walk-in closet & large bath. 1st floor bedroom & bath. Deck overlooking brick patio. \$514,000

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Proposed home in new 16 lot Lake Villa development! .93 acre! 2-story family room w/brick fireplace & oak floor. Huge kitchen w/walk-in pantry, oak floor & granite tops. 9" ceilings 1st floor. Royal size master w/den or nursery, sitting area, walk-in & whirlpool bath. 1st floor study. 3 car gar. \$530,000

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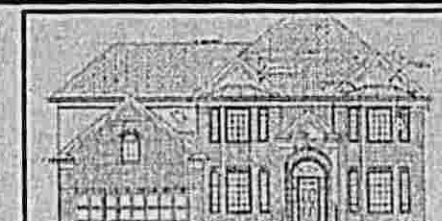
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### HUGE SUNDECK/FENCED YARD

Gorgeous 4 bedrooms home in Gurnee's Providence Oaks. Huge kitchen w/vaulted eating area with door to sundeck & wooded yard. Open to family rm w/fireplace & carpet framed in hardwood. Master has whirlpool bath. \$438,900

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### CUSTOM ANTIOCH HOME

Brick front home with marble foyer. 2-sty family room with fireplace & tray ceiling. Open to spacious kitchen with bayed eating area - sundeck access. Huge master w/walk-in closet, tray ceiling & whirlpool bath. 4 bedrooms, 3 1/2 baths! \$449,000

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# Cozy family rooms invite family time

Design experts say that family rooms may be surpassing kitchens as the most popular room in the house for family congregation. More people are opting to gather on a cozy sectional rather than at the kitchen breakfast bar.

Family rooms are often the catch-all for the home. They serve as a spot for watching television, offer corners for curling up with a good book, and house all the games and toys with which the kids run amok. Due to this overwhelming versatility, family rooms have a slight edge over the former No. 1 family space: the kitchen.

The ideal family room is one that is designed so that it can

change purpose effortlessly. In one instance it hosts family game night, and in the next it is a inviting spot for conversing with guests.

Form and function go hand-in-hand to help homeowners realize their dream family rooms. To begin, comfort is a major factor in design and décor. At the heart of most family rooms is a welcoming sofa that can seat a houseful. That's why many homeowners are turning to sectionals that can accommodate one — or a crowd — comfortably.

Next up in family-room composition is a pleasing color palette that features no muss, no fuss fabrics at the core. Warm, rich earth tones are popular in family

rooms, perhaps because they evoke a feeling of comfort and security. Deep reds, browns and greens are favorite hues, intermingled with accenting patterns on area rugs or throw pillows. Fabrics used in family rooms should be able to withstand active use. This is why stain-resistant options are a first choice for homeowners. Microfiber, chenille and even leather upholstery wears well and can hold up under spills or children's sticky fingers.

Darker colors on fabrics will be more forgiving in this widely used room, camouflaging any errant stains that should occur.

Some forward-thinking homeowners maximize the best of family room and kitchen life by put-

ting these rooms adjacent to one another. This expands the functionality of each room into one another for the ultimate in family-friendly spaces.

In addition to durable fabrics, homeowners should realize that family rooms need to be furnished with pieces that can serve double-duty in the room. Ottomans make a comfortable footrest but can also be used as coffee tables when entertaining. Avoid open shelving for storage. Rather, choose cabinets and furniture items that can seal away toys, books, electronics and other "eyesores" when the occasion dictates. Look for other items with hidden space, such as benches that have a hinged seat, hiding storage. Sofas with a bed



More families than ever are choosing to make the family room the most popular room in the house.

built in can transform the family room into yet another space: a guest room for out-of-town visitors.

Practicality is at the heart of family room design. With all the right elements, this may be a spot every homeowner hates to leave.

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**CHAIN O'LAKES LAKEFRONT**  
Lrg, Stylish, Clean 5 BR 2 BA w/Walk-Out LL. Kit w/New SS Appl. GR w/Vault Cell, Stone FP & HW Flr. Loft FR. Huge MBR w/Vault Cell & MBA. 2 First Flr Br's w/HW Flrs. Rec Rm w/Brick FP. Poss 6th BR. Atrium Drs to Lrg Lakeside Deck. 3 Car Gar. \$649,900  
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## REAL ESTATE- SEALED BID FARMLAND AUCTION 3-TRACTS TO BE SOLD SEPARATELY BY JIM AND JEFF APPENHEIMER, CO-EXECUTORS OF THE MARJORIE L. APPENHEIMER ESTATE

**TRACT I. 20 ACRES:** N OF THE NE OF THE SE OF SECTION 24 OF WEST JERSEY TOWNSHIP,  
STARK COUNTY, ILLINOIS. THIS TRACT BEING SOLD ON CONDITION THAT 1.3 ACRES REMAIN  
IN A GOVERNMENT PROGRAM FOR SEVEN (7) YEARS.

MINIMUM BID \$3,750 PER ACRE.

**TRACT II. 30 ACRES:** PART OF THE W OF THE S OF THE SE OF SECTION 10 OF WEST JERSEY  
TOWNSHIP, STARK COUNTY, ILLINOIS.

MINIMUM BID \$3,500 PER ACRE.

**TRACT III. 78 ACRES:** THE NE OF THE NW AND PART OF THE N OF THE SE OF THE NW  
OF SECTION 26 AND THE S OF THE SE OF THE NW OF SECTION 26, LOCATED IN GOSHEN  
TOWNSHIP, STARK COUNTY, ILLINOIS. THIS TRACT BEING SOLD ON CONDITION THAT 4.7  
ACRES REMAIN IN A GOVERNMENT PROGRAM FOR 4 YEARS.

MINIMUM BID \$3,250 PER ACRE.

NO SURVEY WILL BE PROVIDED FOR THE ABOVE TRACTS.

BID DEADLINE: 5:00 P.M., NOVEMBER 6, 2006. ALL BIDS MUST BE SENT OR PERSONALLY DELIV-  
ERED TO THE LAW OFFICE OF ROBERT H. RENNICK, SR. AND/OR ROBERT H. RENNICK JR.  
(THE RENNICK LAW FIRM) 117 W. COURT ST., TOULON, ILLINOIS, 61483. THE BIDS MUST BE  
ON A FORM PROVIDED BY THE SELLER AND THE BID MUST BE FOR A GROSS SUM PER EACH  
TRACT SEPARATELY AND NOT ON A PER ACRE BASIS. THE BID FORM MUST CONTAIN THE  
NAME, ADDRESS, AND TELEPHONE NUMBER OF THE BIDDER. BIDS MAY BE OPENED IN  
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RIGHT TO CONTACT THE TOP THREE BIDDERS FOR EACH TRACT TO INVITE THEM TO  
SUBMIT ANOTHER BID, IF NECESSARY, SUCH TIME AND PLACE TO BE ANNOUNCED. THE  
SELLERS RESERVE THE RIGHT TO REJECT ANY OR ALL BIDS FOR ANY REASON.  
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FOR ADDITIONAL INFORMATION AND BIDDING FORMS PLEASE CONTACT:

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Rogue bass guitar, like new \$70. / Esp bass guitar \$100. / Peavy blazer 158 amp. \$40. / Peavy rage amp. \$15. / RockTown 65 amp., like new \$50. / Vintage SoundCraft portable P.A. \$30. as is. 847-546-2008

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Place a FREE 4-line, 7-day ad in Journal Classified to sell any item under \$100. Look for the free ad coupon in our Journal Classified section.

**Apartments  
For Rent 7250**

**INGLESIDE  
WOOSTER RIDGE  
APTS.**  
26445 W. State Rt. 134.  
2-bdms.,  
Near Wooster Lake,  
quiet location.  
Water included.  
Avail. In November.  
\$775/mo.+sec. dep. &  
credit check fee.  
(847)487-0232

Wauconda  
2 BDR, \$795/ mo, 1 BDR  
\$585/ mo. 847-650-4998

**WAUCONDA 2 bdrm**  
heat incl. \$675/mo.  
Lease, sec. dept., ref. No  
pets. 847-433-0891

**WAUKEGAN WEST SIDE**  
1-bd. apts \$625-\$650/mo.,  
gar. extra. Walk in closets,  
laundry, individual storage,  
sec. entry. (847)244-6448.

**Condos/Townhomes  
For Rent 7300**

ANTIOCH - 3 BDRM, 2.5  
BA, 2 car gar, 1 yr new.  
Own \$259,900 or rent  
\$1,500/mo. 3% down.  
815-482-8696

FOX LAKE 1-bdrm. Water-  
front condo for rent.  
\$625/mo. 815-563-4312.

Fox Lake Rental: \$650,  
1 Bedroom, 2 story T.H. w/  
access to Chain of Lakes.  
Call Craig 847-624-6184

Grayslake T.H. Large 3  
bdrm., 2.5 bath, w/ 2 car  
att. garage. Many up-  
grades. Stone trpl, crown  
moldings, ceramic tile in  
kitchen & bath. \$1400 Call  
Craig Stein Re/Max Show-  
case 847 624-6184.

**Condos/Townhomes  
For Rent 7300**

GRAYSLAKE, 2 BDRM,  
Cathedral clgs, dining rm,  
2 car gar. Credit chk, sec  
dep. No pets. Avail Nov  
1. \$1,200/mo. 847-362-  
0640

Gurnee condo for rent in  
Deercreek. 1st flr in securi-  
ty contrlled bldg. 2BR,  
1Ba. newly decorated. Hid  
indr prking. Club house  
w/pool, etc. \$925/m+secu-  
rity. Call 847 265-9702

**★WAUCONDA★**  
1yr. old 2-bdrm., 1-  
1/2 baths, T.H. 2-  
story, full bsmt., w/d,  
gar. avail.  
Starting @ \$995/mo.  
1/2 Month Free!!!  
847-331-0428.

**ROUND LAKE SOUTH OF  
RT 120** New construction  
T.H. For Rent. 3-bdrm.,  
2.5 bath, 2+car gar., main-  
tenance free, walking trail.  
Grayslake School Dist.  
\$1,350/mo. Avail. 11/15.  
View at:  
[www.Internetconnections.com/townhomes/](http://www.Internetconnections.com/townhomes/)  
847-877-2314.

**Duplexes  
For Rent 7350**

**WAUKEGAN - 2  
BDRM, 2 BA, lvng rm,  
dining rm, hrdwd flrs,  
nwr ceramic bath &  
kitch. \$675/mo. Sec-  
tion 8 ok. 847-361-  
2615**

**OPEN HOUSES**

Watch for the Journal  
Classified Open House Di-  
rectory every Friday, Sat-  
urday and Sunday. In-  
clude your listing by calling  
(800) 589-8237.

**Houses  
For Rent 7400**

**BARRINGTON - ★★ ★★**  
COLONIAL 2BDRM. 1.5  
BATH, W/D, 2C. GAR  
\$1195 314-878-2409

FOX LAKE - On the water,  
Mineola Bay. 3 BDRM, 2  
BA, 2 car gar., very nice  
neighborhood. \$1,300/mo  
+ sec dep. No pets. 847-  
587-2577 or 815-344-  
1973.

FOX LAKE- Newer, lrg 4  
bdrm, 2 bath, private deck,  
fenced yard, 2.5 car gar,  
c/a, walk to train, pets OK,  
\$1495+sec dep. Call 847-  
902-3283

Gurnee Duplex T.H., 3 BR,  
2BA, 11/2 car gar., DR,  
C/A, all appl. \$1450. p/m  
847-223-6269 [www.ron-storvik.com](http://www.ron-storvik.com)

HEBRON Small 2 bdrm  
farmhouse, \$800/month +  
sec water & garbage incl.  
815-403-8249

Island Lake - 3 BR, w/  
F.P., newly decorated. No  
pets. References.  
\$825/month + utilities  
\$400, security required  
847 526-5755 days  
847 526-8306 evenings.

MCHENRY 1-2 bdrm, c/a  
all appl. hrdwd thru-out, 1  
car, 2 years old. \$1100 +  
sec dep. 815-759-6976

Northside of Waukegan  
3 Bdrm w/unfinished base-  
ment & garage. Hardwood  
flrs, fireplace, lrg livin-  
groom & remodeled bath.  
\$1,095. Immediate Occu-  
pancy. Craig Stein Re/Max  
Showcase 847 624-6184  
Other rentals available!

Round Lake Beach  
3 bdrm, 1 bath, W/D & ap-  
pls incl. Fenced yrd w/stor-  
age shed. Avail. 11/11.  
\$950/mo. 224-433-0584

**Houses  
For Rent 7400**

ROUND LAKE HEIGHTS  
Big, 4-bdrm, 2-bath, unfin.  
bsmt., fenced yard. For  
rent \$1,150/mo or will con-  
sider rent to own.  
847-612-6393  
[www.renttoowntoday.com](http://www.renttoowntoday.com)

Round Lake Heights Built  
in 2001 4 bdrm. 2.1 baths,  
fin. bsmt, hrdwd fl. Ce-  
ramic tile. Fenced yrd  
w/large patio & newer  
playset. Pets Welcome!  
Lake Villa School dist.  
\$1500/mo +sec  
847-652-5347

Wadsworth - Old Mill  
Creek. Beautiful Alpine 3  
BDRM, 2 BA home w/gar.  
New kitchen w/dishwasher.  
Beautiful country setting.  
Yrd maint included.  
\$1,575/mo. 847-395-9347

WAUCONDA 3 bdrm, 2  
bath, large kitchen, 3 car  
garage, excellent location!  
Lawn Maintenance includ-  
ed. \$1600/mo. 847-878-  
2358 or 847-878-2359

**WAUCONDA  
ONE MONTH FREE**  
Rmld 3bdrm., 1-bath,  
best loc. at the lake,  
\$1,295/mo.  
Pets O.K. 847-902-9163

**ZION - 2 story, 4  
BDRM,  
1 BA, collar basement  
\$1255.00 / mo  
Will consider rent to  
own.  
847-612-6393  
[www.renttoowntoday.com](http://www.renttoowntoday.com)**

ZION FOR RENT OR  
SALE 3-bdrm. 2-bath, 2-  
car gar. 847-757-6696.

Weekly Journal West de-  
livers McHenry County's  
most qualified job seekers.  
Journal Classified (800)  
589-8237.

**Mobile Homes &  
Lots For Rent 7450**

Chain-O-Lakes Mobile  
Homes, Rt 120 & Fairfield  
Grayslake  
New double, single wide  
+ pre-owned homes.  
Must have good credit.  
847-740-9230

**Comm. Property  
For Rent 7500**

**NEW TODAY!**

Burtens Bridge Area -  
600sqft. Suitable for sm.  
Business/hobby. Hwy acc.  
Affordable. 815-385-3797

**Fox Lake  
Store Fronts**  
On Route 59  
1,200/ 1,400/ 2,100 sq.ft.  
Any combination \$9./Foot  
Call Tom or Miriam  
847-740-7000  
Crichton Rentals

We'll print & distribute over  
280,000 copies of your ad  
every week! Journal Clas-  
sified (800)589-8237.

**Comm. Property  
For Rent 7500**

**GRAYSLAKE OFFICE**  
1,600-6,000 sq.ft.  
Shop, storage or  
warehouse  
1,000-6,000sq.ft.  
Utils. Included. Mon-Fri.  
8am-4pm. (847)223-2244.

**INDUSTRIAL/COMMER-  
CIAL SPACE FOR RENT**  
2,000sq.ft., 16ft. high, 14ft.  
overhead door, 3 phase  
power. 683 E. Center St.,  
Grayslake. 847-223-8877

**Lake Villa  
Comm./Ind./Whse.**  
1,440 s.f. w/OHD, office,  
bath. \$850.  
1,392 s.f. w/OHD, office,  
bath. \$825.  
For more info call Tom  
Crichton 847-740-7000  
Crichton Rentals

**RV, BOAT & AUTO**  
Indoor heated or outdoor.  
Grayslake, IL. Call Mon-  
Fri, 8am-4pm. 847-223-  
2244

Ads that work pay for  
themselves. Ads that don't  
work are expensive. De-  
scription brings results!  
Journal Classified (800)  
589-8237.

**Comm. Property  
For Rent 7500**

**WOODSTOCK,**  
1,000 to 6,000 sq ft  
with OH doors.  
**\$6.00 sq. ft.**  
815-245-2398

**Retail/Office Space  
For Rent 7550**

**GRAYSLAKE  
DOWNTOWN STORE  
FRONT FOR RENT**  
Approx. 1400sq.ft.  
\$1,495/mo. Ask about  
FREE rent offer.  
847-682-0562  
Bresnahan R.E. Services

**ATTENTION  
Job Seekers**

According to the Newspa-  
per Association of Ameri-  
ca, more than 4 in 10 job  
seekers say they read  
newspapers more often  
during their job search  
than they did before that  
time. To connect with  
qualified candidates, call  
(800) 589-8237 today.

**PUBLIC NOTICE****ANNUAL TREASURER'S REPORT FY 2005-2006  
FOR THE VILLAGE OF PORT BARRINGTON**

**REVENUE SUMMARY:** Property Tax \$121,750.16, Utility Tax \$78,487.60,  
Sales Tax \$41,740.21, Liquor License \$4,051.00, Vehicle License \$7,469.00,  
Cable TV \$9,066.31, Building Permits \$24,814.31, Interest \$33,190.69, State  
Income Tax \$83,891.44, Court Fines \$91,947.19, Business Permits \$200.00,  
Annexation Fees \$50,000.00, Miscellaneous Revenues \$27,232.31, Vending  
Machine License \$778.00, Motor Fuel Tax Receipts \$34,897.79, Road & Bridge  
Fund \$15,727.61, Special Events \$3,317.00, Impact Fees \$1,850.00, Police  
Protection Fund \$8,874.57  
**TOTAL REVENUES \$639,285.57**

**COMPENSATION SUMMARY (Gross):** Alexandra Lelutiu, Admin. \$608,  
Arnold Limas, PD \$3056, Bo Janko, Admin. \$574, Collette Magana, Admin.  
\$279, Daniel Prigge, Admin. \$1,013, Donna Erfort, Admin. \$22,6734, Erwin  
Obartuch, PD \$3,162, Greg Bles, Public Works/Admin. \$1,317, Katarzyna  
Matula, Admin. \$429, Lawrence Benner, PD \$95,320, Marcy Paschky, Admin.  
\$475, Nancy Bachal, Admin. \$2,432, Peg Kopala, Admin. \$523, Ronald Chan,  
PD \$11,286, Russell Issleb, Public Works \$47,829, Samuel Hanlon, Public  
Works \$150, Sandra Kljak, Admin. \$537, Steven Stanchuck, Public  
Works/Admin. \$3585, Susan Peters, Admin. \$475, Thomas Lester, PD  
\$4335.00—TOTAL COMPENSATION \$200,069.

**EXPENDITURE SUMMARY:** Diamond & LeSueur \$24,294, Smith  
Engineering Consultants \$38,765, Waste Management \$3,897.15, Ray  
O'Herron, Inc. \$2,917.53, ComEd \$21,332.53, Island Lake Police Dept.  
\$15,000, Snyder's Service Station \$7,871.75, IRS-\$15,305, AT&T \$3,329.49,  
Paine Webber, Inc., \$4,822.80, Victor Ford \$4,403.53, Illinois Municipal  
League \$12,341.90, Independent Inspections, Ltd. \$7,957.70, Nextel  
Communications \$2,868.49, Evans, Marshall & Pease, PC \$3,060.00, National  
Salt Supply \$4,393.51, Bluecross/Blueshield of Illinois \$4,609.52, BCI Burke  
Co. \$3,483.00, Cowlin, Curran & Coppedge \$13,436.3, Advanced Public  
Safety \$5,450.00, M/A-Com, Inc. \$3,352.44, Donna Erfort (Ins. reimburse-  
ment) \$4572.06, Franklin-Templeton Fund (Benner) \$8,997.17, John Deere  
Government & National Sales \$5,016.46, Peter Baker & Sons \$7,016.18, Pine  
View Nursery \$5,248.00, Russell Issleb (Ins. reimbursement) \$5,261.05, All  
other Disbursements less than \$2,500.00- \$58,959.95- TOTAL ALL VEN-  
DORS- \$297,963.74

**SUMMARY STATEMENT OF CONDITION**

Beginning Balances of General and Special Rev. Funds--\$831,316  
Revenues of all funds--\$639,286  
Expenditures from all Funds--\$498,032  
Ending Balances from all Funds--\$972,570

Subscribed and sworn on this 20th day of October, 2006.

*Donna Erfort*  
Donna Erfort, Treasurer

I, Nancy Bachal, Clerk of the Village of Port Barrington, Lake and McHenry  
Counties, Illinois, do hereby certify that the above is a true copy of the Annual  
Treasurer's Report for the fiscal year ending 04/30/06.

*Nancy Bachal*  
Nancy Bachal, Clerk 10/20/06

# Looking for a Career Change?

According to the  
Newspaper  
Association of  
America more  
than 1/3 of all job  
change said they  
were still checking  
ads in newspapers  
and half that number  
had been consulting  
online job ads since  
their job change with

**LAKELAND  
JOURNALS**

you've got it cov-  
ered! To connect with  
qualified candidates.  
**Call 800-589-8237**  
or Email  
**classified@nwnews  
group.com**

## Come join us at COUNTRY FAIRE CONDOMINIUMS FOR RENT

Route 120 & Route 45 in Grayslake

**FIRST MONTH RENT FREE**

**\$400 Security Deposit**

**1 Bedrooms \$775.00**

**2 Bedrooms \$875.00**

**847-223-5100**

**Full  
Amenities**

*NORTHGATE* Apartments

2330 N. SAMSON WAY - WAUCONDA, IL

**847-623-0800**

[www.Northgateleasing.com](http://www.Northgateleasing.com)

OPEN  
MON-FRI  
9-5  
SAT  
10-3  
CLOSED  
SUNDAYS

**One, Two and Three Bedrooms Apts.  
Priced From \$855 - \$1575**

**REDUCED RATES ON SELECT MODELS  
CALL OR STOP IN TODAY...MODELS OPEN**

Our apartments all feature condominium quality fixtures, washer & dryer, all  
kitchen appliances, private patio/balcony, French doors, oak cabinetry, spacious  
floor plans and walk-in closets and More! Property amenities include a  
24 hour fitness center, business center, heated outdoor pool, playground  
& bicycle court, complimentary movie rentals, & 24 hour emergency on site  
maintenance & security.

**WE'RE WAITING FOR YOU... COME HOME TO NORTHGATE APARTMENTS.**



**Industrial  
For Rent 7600**

**RICHMOND**  
Land Holdings Rt. 12  
Fountain Head Center  
Includes OH door, 18 cell-  
ing, office with AC, dock, 3  
phase electric, profession-  
ally landscaped.  
2,750 sq. ft. \$992/mo.  
847-566-8100

**8000  
Legals**

**Legals 8100**

02-1896D

IN THE CIRCUIT COURT  
OF 19TH JUDICIAL CIR-  
CUIT  
LAKE COUNTY,

**GURNEE PARK DISTRICT  
BID NOTICE**

The Board of Commissioners of the Gurnee Park District is accepting proposals for a brochure contract for fiscal year 2007/2008, which includes the printing of four (4) brochures and (1) supplemental spring flyer. Proposals must be sealed and returned to the Gurnee Park District Office, 4374 Old Grand Avenue, Gurnee, Illinois 60031.

Envelopes must be marked on the outside "Program Brochures Bid" and be received at the Gurnee Park District office by 10:30am on Tuesday, November 28, 2006, at which time they will be publicly opened and read.

The Board of Park Commissioners of the Gurnee Park District has the right to accept or reject any or all proposals.

Requests for specifications and all questions regarding the printing of the programs brochures and flyer should be directed to Brenda Sorensen, Public Information Coordinator, at (847) 599-3766.

Vicki Paddock  
President  
Board of Commissioners  
Gurnee Park District  
October 27, 2006

1006D-8013-G  
October 27, 2006

**PUBLIC NOTICE  
WARREN TOWNSHIP**

Notice is hereby given that sealed proposal will be received at the office of the Highway Department, Warren Township at 17801 W. Washington Street, Gurnee, Illinois 60031 until 10:00 o'clock A.M. on Monday November 6, 2006 for furnishing of the following material:

13,500 galls Geomelt 55 Anti-Icing fluid  
Manufacturer: Univar USA  
Specific Gravity: 1.20 - 1.40  
PH: + or - 9  
Solids by Volume: 55%  
OR APPROVED EQUAL

18,000 gallons NaCl - Brine (Sodium Chloride)  
Solids: 23 - 24% by Volume  
Delivery Form: Liquid Solution  
OR APPROVED EQUAL

Proposals shall be made on forms furnished by the Township Highway Commissioner, and shall be addressed in a sealed envelope to: Warren Township Highway Department, c/o Margaret Keenan-Denniston, Town Clerk 17801 W. Washington Street, Gurnee, Illinois 60031 and shall be marked "Material Proposal-Letting of November 6, 2006."

Further information regarding the letting may be obtained by contacting the Highway Commissioner at (847) 244-1101, extension 301. The Township in accordance with the Laws of the State of Illinois hereby notified all bidders that it will affirmatively insure that the contract entered into pursuant to this awarded to the lowest responsible bidder without discrimination, on the ground of race, color or national origin.

By Order of  
Gerald Rudd  
Warren Township  
Highway Commissioner  
1006D-8012-G  
October 27, 2006

**Legals 8100**

WAUKEGAN, ILLINOIS

WASHINGTON MUTUAL  
BANK F/K/A WASHING-  
TON MUTUAL BANK, F.A.  
F/K/A WASHINGTON MU-  
TUAL HOME LOANS,  
INC., SUCCESSOR IN IN-  
TEREST TO HOMESIDE  
LENDING, INC.

PLAINTIFF,

-vs-

WANDA F. CLOUD; ANI-  
TA M. SCHRAMM; KEVIN  
W. CLOUD; STEVEN E.  
SCHRAMM; UNITED  
STATES OF AMERICA;  
UNITED STATES OF  
AMERICA; UNKNOWN  
OWNERS AND NON-  
RECORD CLAIMANTS

DEFENDANTS

06 CH 2002

PUBLICATION NOTICE

**Legals 8100**

The requisite affidavit for  
publication having been  
filed, notice is hereby giv-  
en you STEVEN E.  
SCHRAMM; UNKNOWN  
OWNERS AND NON-  
RECORD CLAIMANTS.

Defendants in the above  
entitled suit, that the said  
suit has been commenced  
in the Circuit Court of Lake  
County, by the said Plain-  
tiff against you and other  
defendants, praying for the  
foreclosure of a certain  
Mortgage conveying the  
premises described as fol-

**Legals 8100**

lows, to wit:

LOT 7 IN BLOCK 366 IN  
ROUND LAKE BEACH,  
HILLWOOD ADDITION  
UNIT NO. 2, BEING A  
SUBDIVISION OF PART  
OF THE NORTHEAST 1/4  
OF SECTION 19, TOWN-  
SHIP 45 NORTH, RANGE  
10, EAST OF THE THIRD  
PRINCIPAL MERIDIAN,  
ACCORDING TO THE  
PLAT THEREOF,  
RECORDED JANUARY  
30, 1953 AS DOCUMENT  
780976, IN BOOK 32 OF  
PLATS, PAGES 84 AND  
85 AND BOOK 1161 OF

**Legals 8100**

RECORDS, PAGE 388  
AND CORRECTED BY  
CERTIFICATE OF COR-  
RECTION RECORDED  
APRIL 13, 1953 AS DOC-  
UMENT 787173, IN LAKE  
COUNTY, ILLINOIS.

COMMONLY KNOWN AS  
815 CORONA COURT,  
ROUND LAKE BEACH,  
ILLINOIS 60073.

PERMANENT TAX NO.:  
06-19-223-008

and which said Mortgage  
was made by WANDA F.  
CLOUD, ANITA M.

**ANNUAL TREASURERS REPORT  
FOR VILLAGE OF WAUCONDA  
FOR FISCAL YEAR ENDING 4/30/06**

**REVENUE SUMMARY:** Taxes 2447870, Licenses & Permits 669914  
Intergovernmental 4174771 Charges for Services 4371408 Fines & Forfeits  
257127, Interest 852125, Employee Contributions 175688 Connection Fees  
2791203, Grants 237537, Other Miscellaneous 3633937  
TOTAL Revenues: \$19,611,580

**EXPENDITURE SUMMARY:** Under \$25,000.00: Joseph Altmann, John  
Amrich, Anthony Antonucci, Louis Archbold, Carl Aronson, Paul Bird, William  
Black, Cory Block, Dustin Buffington, Margie Collier, David Dato, James  
Eschenbauch, Christine Forman, Bruce Freeman, David Geary, Lorraine  
Godawa Karl Gompertz, John Grana, Heather Hobbs, James Hoss, Donna  
Hudson, Elizabeth Johnson, Mark Knigge, Lincoln Knight, Ernest Kosty, Francis  
Lahrman, Penny Lally, Joseph Lincoln, Steven Madsen, Jean Mayo, Jeffrey  
Middlesworth, Patrick Murphy, Tina Nedza, Debra Ogorzaly, Kathleen  
Paddock, Lawrence Posson, Robert Rucker, Salvatore Saccomanno, Kathleen  
Scott, Maria Senisais, Kelly Sutter, Mary Taylor, Michael Wahl, LaVonne  
Wandschneider, David Wanshek, Roger Wojcicki, Kimberly Yerkes, \$25,000.00  
to \$49,999.99: Patricia Altmann, William Askin, James Bart, Donna Baseley,  
Julie Baumgartner, Robert Baxter, Joanne Brandt, Frank Burton, Kimberly  
Carpenter, Christopher Esvang, Constance Freund, Johnna Garrett, Robert  
Garrod, Deborah Gompertz, Christine Gonzalez, Alejandra Guerrero, Joel  
Haerle, Holly Holman, John Howard, Steve Jenkins, Charlene Justen, Jarett  
Kalal, David Kibillewski, Laura Layne, Luke Markko, William Nowak, George  
Roberts III, Jackie Schramm, Robert Walker, Joanne Warnock, \$50,000.00 to  
\$74,999.99: Cheryl Adams, Darius Adams, Ira Bliss, Peter Bogner, Marcelo  
Candia, Heather Caroselli, John Combs Jr., Christopher Gallivan, Mark Gedde,  
Duke Goessling, Elizabeth Harrison, Patricia Holland, Michael Jacobson,  
Jason Johnson, David Johnson, Sean Lewakowski, Jacob Mann, David Miks,  
David Musser, Alexander Pryde, Thomas Robertson, Bart Romero, Zaida  
Torres, Kristan Wellon, Dale Weshinsky, Cathy White, Kenneth Wich, Michael  
Yost, \$75,000.00 to \$99,999.99: Thomas Bender, Michael Botterman, Timothy  
Burke, Theodore Hennessy, Anthony Jacobson, Richard Kuester, Jeffrey  
Maute, William Metas, Keith Ringham, John Thibault, Patrick Yost,  
\$100,000.00 to \$110,000.00: Daniel Quick.  
TOTAL COMPENSATION: \$4,167,423.76

**EXPENDITURE SUMMARY:**

At & T 3325, A.C. Pavement Striping Co., 5875, ACS Government Information  
50500, Accurate Consulting 8465, Ace Hardware 5688, Acorn Press 6654,  
Acres Group 14461, Adams, Cheryl 3704, Adams Outdoor Power, 3741,  
Albert, Gene & Leavitt 4905, American Legal Publishing 5335, A&R Cement  
Inc. 48440, Aramark Uniform 9943, AW Direct 4344, Axy's Analytical Services  
6787, B & F Technical Code Service 16336, Baker, Peter & Son Co., 2504,  
Bartnick Inc. 3400, BC Printing 3947, Benson Electric Inc. 10352, Berger  
Dale, Holtgren, Fredrick 125000, Berger Excavating 889719, Black, William  
10000, Blue Cross Blue Shield 559027, Boehmer Chevrolet Sales 15477,  
Bond, D. & Associates Inc. 2745, Bonestroo Devery & Assoc. 32578, Boysen  
Henry Co. Inc. 61489, Bu Com Inc 29485, Building & Fire Code Academy  
8430, Bureau of the Census 74475, Burris Equipment Co 3994, Campbell Rolf  
C. & Associates 24506, CBA-Tire Works 4772, CDW Government Inc. 45292,  
Chemical Pump Sales & Service 3989, Cingular Wireless 8182, Citgo  
Petroleum Corp 64616, Clarke Environmental Mosquito Control 38181,  
Cleveland R. U.G. Technologies 388913, Commonwealth Edison 156431,  
Commonwealth Edison 6457, Commonwealth Edison 75284, Community  
Sewer & Septic Inc. 2755, Currie Motors 35711, Devery Engineering Inc  
632786, Dietz, James R. 4813, Director of Employment Security 21757,  
Doherty, J Inc 17360, Don's Welding and Fabrication 7286, Elan Financial  
Services 34115, Elmwood Enterprises Inc. 1037238, Erdmann Diane 3525,  
Eric's Lawn Maint Inc. 35560, ETAC 40655, Fisher Scientific 8279, Foreman,  
Joseph D & Co 7643, Fremont Public Library Dist. 22950, Fremont School  
District 472399, Grainger, W W Inc 4415, Great Lakes Mechanical 3864,  
Guardian 38551, HSBC Business Solutions 4355, Hach Co 6877, Hach  
Environmental 5270, Harrison & Associates Inc. 4250, Heritage Environmental  
Services 4960, Holz Hermann A. 14478, Hydrite Chemical Co 34067, IL EPA  
Fiscal Services 18500, IL Environmental Protection Agency 3500, Illinois  
Municipal League 3553, Illinois Municipal League 132989, John's Auto Repair  
Center 11629, Jones Daniel 2663, Julie Inc 3133, Kamp/Synergy 7085, KCI  
Communications 15940, Kovilic Construction Co 512345, Krajniak Linda 4069,  
Krug-Northwest Electrical 9940, LLD Electric Co 36614, Lab Safety Supply Inc

**Legals 8100**

SCHRAMM AND STEVEN  
E. SCHRAMM Mortgagors,  
to WESTAMERICA  
MORTGAGE COMPANY,  
as Mortgagee, and record-  
ed in the office of the  
Recorder of Deeds of Lake  
County, Illinois, as docu-  
ment number 4049197.

And for other relief; that  
summons was duly issued  
out of the said Court  
against you as provided by  
law, and that the suit is  
now pending.

Now therefore, unless you,  
the said above named de-

**Legals 8100**

fendants, file your answer  
to the Complaint in the  
said suit or otherwise  
make your appearance  
therein, the office of the  
Clerk of the Circuit Court of  
Lake County, in the City of  
Waukegan, Illinois, on or  
before the 30th day after  
the first publication of this  
notice which is November  
13, 2006. Default may be  
entered against you at any  
time after that day and a  
judgment entered in accor-  
dance with the prayer of  
said Complaint.

FISHER and SHAPIRO,

**Legals 8100**

LLC  
Attorneys for Plaintiff  
4201 Lake Cook Road  
Northbrook, Illinois 60062  
(847) 498-9990

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Canine Custodian  
NATURE/PURPOSE  
Dog waste removal  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTION IN THIS  
COUNTY  
34330 Goldenrod Rd.,

7590, Lake County Metropolitan Enforcement 14400, Language Lab Express  
3000, Lauterbach & Amen LLP 25360, Libertyville Bank & Trust 9851,  
Libertyville Bank & Trust 67557, M&A Power and Light 2568, Magna Rudolph  
F Law Office 358974, Manusos General Contracting 3884861, McHenry  
Analytical Water 75839, Meier's Outdoor World 6090, Melrose Pyrotechnics  
Inc 15000, Menards-Fox Lake 5837, Mid American Water of Wauconda Inc.  
16421, Mikes Towing Inc 31613, Monroe Truck Equipment Inc. 4312, Morse  
Electric Inc 3496, Mundelein Disposal Service 27500, Mundelein High School  
314932, National Waterworks Inc. 113928, Navistar Financial Corp 67194,  
NEFCO Inc 17649, Nextel Communications 6892, Nicor Gas 17736, North  
American Salt Co 85809, North East Multi-Regional 3590, Northern  
Environmental Tech 18283, Northshore Business Tech 10707, Northwest  
Truckworld 7184, O Herron Ray Co Inc 6188, Office Depot 10188, Olson Oil  
Co Inc 17599, OPP Franchising Inc 25334, PC Management 21606, Parkson  
Corp 2500, Patten Industries Inc 6047, Performance Paving Ltd 3545, Pokorny  
Gerard J 10400, Police Law Institute 2976, Ray's Body Shop 8436, Restless  
Fox 5100, Retek Mechanical 33925, Revere Electric Supply Co 3536, Ruekert-  
Mielke 46444, SBC 31793, Sears Commercial One 5264, Sherlock Systems  
Inc 7485, Software Solutions 17193, Source One Office Products 3732, Speer  
Financial Inc 3000, St. Aubin Nursery Inc 13379, Standard Equipment Co  
11110, State Treasurer-IDOT 4523, Steiner Electric Co 6075, Stiles-Korn  
Division 14400, Sun Life Assurance 11942, Synagro Midwest 107651, Tiger  
Direct 3285, Total Environmental Solutions 3682, Town & Country Homes  
4669, Traffic Control Protection 11895, Treasurer of Lake County 6296, US  
Filter Envirex Products 11717, US Filter Control Systems 28695, Ultra Strobe  
'Communications 4026, Uniformity Inc 11196, US Postal Service (Neopost)  
4300, USA Blue Book 10881, Vedder, Price, Kaufman 7602, Vermeer-IL Inc  
19729, Victor Ford 47857, Viking Office Products 8676, Village of Libertyville  
33918, Waste Management 19694, Waste Management North 3681, Water  
Solutions Unlimited 4406, Wauconda Area Library 25770, Wauconda Boat  
12796, Wauconda Chamber Of Commerce 26213, Wauconda Fire Department  
1508266, Wauconda Fire Prevention Bureau 12155, Wauconda School District  
356374, Wauconda Park District 111947, Wauconda Postmaster 9995,  
Wauconda Township 36556, Wold Printing Services LTD 6285, Workplace  
Solutions LLC 3800, Workspace 2504, Zep Manufacturing Co 3369, Zipprich  
Construction 9697. All other disbursements less than 2500: \$ 62755 TOTAL  
EXPENDITURES \$ 14,153,083

**SUMMARY STATEMENT OF CONDITION**

	GENERAL	SPECIAL REVENUE	DEBT SERVICE	CAPITAL PROJECT	ENTERPRISE	TRUST & AGENCY
Beginning						
Fund Balance	2,870,013	1,079,280	2,044	3,438		3,939,870
Retained Earnings					25,141,008	
Revenues	7,587,264	1,187,748	(1,134)	3,690,165	6,412,867	814,344
Expenditures	6,559,235	1,629,663	69,070	3,608,546	3,438,856	375,057
Other Financing						
Uses	(216,530)	622,962	69,200		(18,957)	
Ending Fund Balance	3,681,512	1,260,327	1,040	85,057		4,379,157
Ending Retained Earnings					28,096,062	

I, Zaida Torres, Treasurer of the Village of Wauconda, do hereby declare that  
this report of condition  
of the funds of the Village of Wauconda is correct to the best of my knowledge  
and belief.

Zaida Torres, Treasurer

I, Mary C. Taylor, Clerk of the Village of Wauconda, Illinois, do hereby certify  
that the above is a true copy  
of the Annual Treasurer's Report for the fiscal year ending April 30, 2006.

Mary C. Taylor, Village Clerk







**Legals 8100**

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 11th day of October 2006.

OFFICIAL SEAL  
/s/ Adriana Lomeli  
Notary Public  
Received: Oct 11, 2006  
Willard R. Hellander  
Lake County Clerk  
1006C-8003-A  
October 20, 27 and  
November 3, 2006

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Library/Auctions  
NATURE/PURPOSE:  
Internet Auction Listing  
Service  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTION IN THIS  
COUNTY:

**Legals 8100**

407 N. Cedar Lake Rd.,  
Round Lake, IL, 60073,  
847-740-9048  
NAME(S) AND POST OFFICE  
OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:  
Pamela S. Skittino, 407 N.  
Cedar Lake, Round Lake,  
IL, 60073, 847-740-9048  
STATE OF ILLINOIS  
COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.  
/s/ Pamela Skittino  
October 10, 2006  
The foregoing instrument was acknowledged before

**Legals 8100**

me by the person(s) intending to conduct the business this 10th day of October 2006.

OFFICIAL SEAL  
/s/ Margarita Garcia  
Notary Public  
Received: Oct 12, 2006  
Willard R. Hellander  
Lake County Clerk  
1006C-8003-A  
October 20, 27 and  
November 3, 2006

**Need Stuff?**

According to the Newspaper Association of America, more than 20% of all adults have looked for merchandise in newspaper classified ads in the past 12 months. With a 4-line, 7-day ad in Journal Classified, your stuff could be going home with them. Call (800) 589-8237 today. Visa, Mastercard and Discover Card accepted.

**Legals 8100**

**PUBLIC NOTICE**  
Unknown of 2003 Dodge  
Stratus VIN #  
1B3EL36X33N517563;  
Mechanic's Lien for  
\$2,845.00. You have until  
November 13<sup>th</sup>, 2006 to  
pay Exclusive Automotive,  
Inc., 89 S. Rte 12, Fox  
Lake, IL and remove the  
vehicle or it will be sold.  
Business hours are Tues-  
day thru Saturday 8 am to  
6 pm.

1006B-7996-FL  
October 13, 20, 27, 2006

**PUBLICATION NOTICE**

Public Notice is hereby given that the Annual Meeting of the Commissioners of the AVON-FREEMONT DRAINAGE DISTRICT will be held on the 27<sup>th</sup> day of November, 2006, at the hour of 5:45 o'clock p.m., at the Avon Township Center, 433 E. Washington Street, Round

**Legals 8100**

Lake Park, Illinois 60073.

JOHN P. RICHTMAN  
Attorney at Law  
CHURCHILL, QUINN,  
RICHTMAN & HAMILTON  
Two South Whitney Street  
Grayslake, Illinois 60030  
(847) 233-1500

1006D-8013-FL  
October 27, 2006

**Whats Important to You?**

According to the Newspaper Association of America, job seekers rank job location, benefits package and working hours as the three most important items of information in an employment ad. With the Journal Employment and ChicagoJobs.com, you've got it covered! To connect with qualified candidates, call (800) 589-8237 today.

**Legals 8100****Get the Picture?**

Including a photo in your ad increases readership by 37%. Place a PIC 15 ad today and receive 5 lines of text and a photo of your vehicle for only \$15 per week. Call (800) 589-8237 today. Visa, Mastercard and Discover Card accepted. \*Only ads in the Transportation category qualify for this special rate.

**Looking for a Career Change?**

According to the Newspaper Association of America, approximately 1/3 of all job changers said they were still checking ads in newspapers, and half that number had been consulting online job ads since their job change. With the Journal Employment section and ChicagoJobs.com, you've got it covered! To connect with qualified candidates, call (800) 589-8237 today.

**Assumed Name 8200**

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Fluffy Pup

NATURE/PURPOSE:  
Dog bathing and grooming  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTION IN THIS  
COUNTY:

1352 S. Milwaukee Ave.,  
Vernon Hills, IL 60061,  
224-280-5484

NAME(S) AND POST OFFICE  
OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:

Ralph Mierke, 318 Grove  
St., Mundelein, IL 60060,  
847-949-1979

STATE OF ILLINOIS  
COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.

/s/ Ralph Mierke  
October 19, 2006

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 19th day of October, 2006.

OFFICIAL SEAL  
/s/ Claudia C. Rodriguez  
Notary Public

Received: Oct. 19, 2006  
Willard R. Hellander  
Lake County Clerk

1006D-8007-L  
October 27 and  
November 3, 10, 2006

**Assumed Name 8200**

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**  
NAME OF BUSINESS:  
Uniquely U

NATURE/PURPOSE:  
Custom designed fashion  
accessories  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTION IN THIS  
COUNTY:

35264 N. Ravine Dr., In-  
gleside, IL 60041, 847-  
973-2087

NAME(S) AND POST OFFICE  
OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:

Linda Tournas, 35264 N.  
Ravine Dr., Ingleside, IL  
60041 847-973-2087  
STATE OF ILLINOIS  
COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.

/s/ Linda Tournas  
October 16, 2006

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 16th day of October, 2006.

OFFICIAL SEAL  
/s/ Linda M. Paulson  
Notary Public

Received: Oct. 16, 2006  
Willard R. Hellander  
Lake County Clerk

1006D-8011-FL  
October 27 and  
November 3, 10, 2006

RENTAL \$4,830.68 - AWARDS BY KAYDAN \$5,864.27 - A WAREHOUSE ON  
WHEELS, IN \$8,050.00 - B & F TECHNICAL CODE SERV \$3,558.26 -  
BANE NELSON INC. \$30,606.99 - BAXTER & WOODMAN INC. \$7,070.46 -  
BEARING HEADQUARTERS CO. \$2,975.24 - BERRYMAN EQUIPMENT  
COMPAN \$9,242.00 - BLAST PROS SANDBLASTING A \$7,800.00 -  
HEALTHCARE SERVICE CORP. \$184,939.37 - BLUECROSS BLUESHIELD  
\$566,409.81 - BONNELL \$4,255.02 - BRADFORD SYSTEMS CORP.  
\$51,577.00 - BREATHING AIR SYSTEMS DIV \$3,020.00 - BROADWAY IN  
CHICAGO \$7,740.00 - BUCOM INC. \$7,678.17 - CALCO \$3,174.00 - CAR  
MIN CONSTRUCTION COMP \$65,425.44 - CBA TIRE \$3,563.40 - CDW  
GOVERNMENT INC. \$35,798.17 - CECO \$3,000.00 - CINGULAR WIRE-  
LESS \$3,256.80 - CENSUS BUREAU \$59,732.00 - CENTEGR OCCUPA-  
TIONAL HEA \$3,790.40 - CERTIFIED BALANCE & SCALE \$3,028.00 -  
CHICAGOLAND PAVING \$59,093.84 - CHICAGO UNIFORM COMPANY  
\$11,808.85 - CHICAGO BANDAG & ASSOC. \$6,814.18 - CHICAGO INTER-  
NATIONAL TRU \$4,831.54 - CHICAGO BRIDGE & IRON COM \$13,200.00 -  
CIMCO COMMUNICATIONS INC. \$36,947.21 - CLARKE MOSQUITO CON-  
TROL \$13,718.55 - CLARK DIETZ, INC. \$639,903.91 - COCHRANE COM-  
PRESSOR COMPA \$8,109.00 - COM ED \$31,290.13 - COM ED \$42,380.74 -  
COM ED \$398,586.21 - COM ED \$170,310.42 - COMMUNICATION  
REVOLVING F \$11,965.04 - COMPUTER POWER SYSTEMS IN \$9,628.98 -  
COOK COUNTY SHERIFF'S POL \$3,260.32 - COPS TESTING SERVICE  
INC. \$4,360.00 - CORRECT EQUIPMENT CO \$6,046.00 - HSBC BUSINESS  
SOLUTIONS \$6,451.97 - CURRAN CONTRACTING COMPAN \$10,993.09 -  
DAHM ENTERPRISES, INC. \$70,150.00 - DAIGGER & COMPANY, INC.  
\$4,490.49 - DB3 BROADBAND \$16,673.95 - DELAWARE COATING INC.  
\$6,204.50 - DEPARTMENT OF THE ARMY \$36,836.21 - DESIGN PORTFO-  
LIO \$5,094.39 - DETECTION INSTRUMENTS COR \$4,816.07 - DIEMER  
PLUMBING & EXCAVA \$28,721.82 - DIVISION 10 SUPPLIES INC.  
\$6,101.00 - EATON POWER QUALITY CORP. \$4,275.00 - ELGIN PAPER  
CO. \$4,256.87 - ENVIRONMENTAL SAFETY GROU \$2,941.55 - ENVIRON-  
MENTAL RESOURCES I \$60,592.50 - ENVIRONMENTAL RESOURCE AS  
\$3,024.29 - ERICKSON, DON \$16,559.09 - FAIRMOUNT MINERALS  
\$3,223.22 - FIRE & SECURITY SYSTEMS I \$5,513.90 - FIRE GUARD OF IL.  
\$16,380.00 - Internal Revenue Service \$307,931.92 - FISHER SCIENTIFIC  
\$6,988.25 - FOX LAKE POSTMASTER \$13,524.45 - FORT DEARBORN  
LIFE INSURA \$5,419.77 - FOX LAKE ACE HARDWARE \$9,285.98 - FOX  
LAKE LIONS CLUB \$13,740.00 - FOX THERMAL INSTRUMENTS \$6,127.40 -  
FOX VALLEY GRAPHICS INC. \$16,518.70 - HOEHNE & SON EXCAVAT-  
ING, \$17,073.70 - GASVODA & ASSOCIATES, INC \$29,754.17 - GEAC  
PUBLIC SAFETY \$15,838.00 - GEORGE HILLER & SON INC. \$34,757.00 -  
GEO SERVICES INC. \$3,800.00 - GLENVIEW UTILITY BILL AUD \$8,412.83 -  
GOODMAN WEST ELECTRIC \$10,126.19 - GRAINGER \$32,357.02 -  
GROSSMAN PLUMBING CO. INC \$53,224.88 - GYPSUM SUPPLY COMPA-  
NY \$4,349.45 - HACH COMPANY \$15,573.25 - HARD ROCK SAWING &  
DRILLI \$5,870.00 - HARRIS BANK \$299,918.33 - HARRINGTON INDUS-  
TRIAL PLA \$4,013.58 - HAWTHORNE PRESS INC. \$4,148.98 - HELLO  
FOLK'S \$8,925.00 - HILTON \$2,650.03 - HINCKLEY & SPRINGS  
\$4,552.89 - HOME DEPOT \$8,084.71 - HUEMANN WATER CONDITIONIN  
\$3,750.80 - HYDRAULIC SERVICES AND RE \$2,842.11 - HYDRITE  
CHEMICAL CO. \$21,323.39 - IDLEWOOD ELECTRIC SUPPLY \$12,823.46 -  
IL. DIRECTOR OF EMPLOYMEN \$29,987.09 - STATE TREASURER -  
IDOT \$3,316.94 - IL. EPA FISCAL SERVICES S \$41,000.00 - IL MUNICI-  
PAL LEAGUE \$3,435.00 - IML RISK MANAGEMENT ASSOC \$276,862.74 -  
IL. MUNICIPAL LEAGUE \$32,696.19 - IMRF \$272,276.10 - INGERSOLL-  
RAND COMPANY AT \$7,333.40 - INLAND DETROIT DIESEL ALL \$5,929.68 -  
INTERSTATE BATTERY SYSTEM \$3,032.94 - INTERIOR INVESTMENT LLC  
\$30,833.66 - INTRANET NETWORK SERVICE \$3,465.00 - J&H BERGE INC.  
\$7,576.65 - J&J PROMOTIONS \$5,384.99 - JACK FROST IRON WORKS,  
IN \$22,034.00 - JEFFREY LILLY AND ASSOC. \$10,293.75 - JF EDWARDS  
CONSTRUCTION \$286,496.95 - JOHN CRANE INC. \$3,240.14 - JOS D.  
FOREMAN & CO. \$12,428.09 - JOSEPH J. HENDERSON & SON  
\$792,528.12 - JULIE INC. \$3,103.90 - KALE UNIFORMS INC. \$6,137.92 -  
K.D. PLUMBING CO. \$6,030.00 - KENNY'S FLOOR COVERING IN  
\$14,063.60 - KENO & SONS CONSTRUCTION \$486,569.38 - KIMBALL  
MIDWEST \$2,807.59 - KOMATSU FORKLIFT OF CHICA \$22,790.00 -  
KOSCO FLAGS & POLES \$2,825.30 - KRG FOX LAKE CROSSING, LL  
\$164,008.32 - LAKE COUNTY TREASURER \$3,809.14 - LAKES ALL SEA-  
SONS INC. \$2,682.15 - LAKE COUNTY EMERGENCY TEL \$6,000.00 - LAKE  
COUNTY METROPOLITAN \$13,200.00 - LAKE COUNTY FIRE DEPARTME  
\$4,400.00 - LAKELAND MEDIA \$10,255.67 - LAKE COUNTY ANIMAL CON-  
TRO \$2,514.00 - LANDMARK FORD \$61,343.00 - LAUTERBACH & AMEN  
\$23,112.00 - LAYNE CHRISTENSEN COMPANY \$24,612.10 - LAYSTROM  
BUESCHER INC. \$6,442.76 - LEACH ENTERPRISES, INC. \$2,765.56 -

LECHNER AND SONS \$7,969.19 - LEE PLUMBING MECH. CONTR.  
\$58,059.77 - LESMAN INSTRUMENT COMPANY \$4,292.12 - LEVIN  
TELECOMMUNICATIONS \$24,014.76 - LEY & ASSOCIATES, INC.  
\$14,319.21 - LOCIS \$9,276.00 - LONG LAKE LUMBER COMP \$4,854.29 -  
LUBE OILS INC. \$7,786.24 - MANEVAL CONSTRUCTION INC. \$125,961.67 -  
MARKING SPECIALISTS CORP. \$4,800.00 - MARON STRUCTURE TECH-  
NOLOG \$5,650.18 - MARRE'S CARPET INSTALLATI \$3,393.75 - MARS  
CLEANING SERVICE \$46,564.92 - MARTELLE WATER TREATMENT  
\$7,919.07 - MAXIM CONSTRUCTION CORP \$42,148.80 - MAXIMUS INC.  
\$9,500.00 - MBNA AMERICA BUSINESS CAR \$35,651.08 - MCCANN  
INDUSTRIES \$4,763.04 - MCHENRY ANALYTICAL WATER \$19,543.00 -  
MCMAHON AUTO BODY \$5,170.50 - MCMASTER CARR \$4,520.83 -  
MENARDS \$24,251.50 - METROPOLITAN INDUSTRIES, \$4,559.19 -  
METRO PARAMEDIC SERVICE I \$1,492,165.80 - MG SCIENTIFIC, INC.  
\$3,876.59 - MIDWEST SHEET METAL INC. \$3,620.00 - MID AMERICAN  
WATER OF WAU \$4,990.90 - MIDWEST AGGREGATES \$3,447.48 - MIELE  
INC. \$3,429.69 - MOTION INDUSTRIES, INC. \$11,606.98 - MUNICIPAL  
WELL & PUMP \$69,497.00 - NAPA \$25,846.86 - NATIONAL WATERWORKS  
\$83,412.09 - NATIONAL INTERNATIONAL RO \$16,263.00 - \*\*\* NAVFA \*\*\*  
\$2,783.91 - NAVSTAR FINANCIAL CORP \$103,985.00 - NORTH CEN-  
TRAL LABORATORIE \$2,841.02 - NEOPOST \$2,680.48 - \*\*\* NEXTE \*\*\*  
\$17,720.62 - NICOR GAS \$2,957.26 - NICOR \$97,560.88 - NIXS  
GALLERY OF FINE FURN \$3,411.00 - NORTHERN ILLINOIS POLICE  
\$2,722.13 - NORTHFIELD BLOCK COMPANY \$2,536.80 - NORTHWEST  
LAKE COUNTY POL \$8,775.00 - NORTHERN ILLINOIS POLICE \$16,992.00 -  
NORTHWEST FORD & STERLING \$11,585.37 - NORTHWEST LAKE  
COUNTY FIR \$9,848.76 - NORTH EAST MULTI REGIONAL \$3,400.00 -  
NORTH AMERICAN SALT CO. \$30,910.25 - NU COLOR CABINETS  
\$4,030.00 - NU CUSTOM CABINETS COUNT E \$15,265.00 - NU- DIA-  
MOND GLASS COMPANY \$10,599.97 - NORTHWESTERN UNIVERSITY C  
\$2,782.50 - OLSON OIL CO. INC. \$150,222.87 - OMNI-SITE.NET \$7,124.40 -  
ORKIN EXTERMINATING \$2,562.23 - ORR SAFETY \$3,523.33 - OVER-  
STREET CONSULTING GRO \$15,937.50 - PADDOCK PUBLICATIONS  
\$11,743.09 - PALATINE OIL CO. \$18,475.73 - PALMER MARKETING  
\$2,800.00 - PAYNE & DOLAN INC. \$35,962.35 - POLYDYNE INC.  
\$69,352.00 - PORTABLE COMMUNICATIONS S \$5,132.00 - PRIMECO/US  
CELLULAR STATE \$4,613.80 - PRINTRAK INTERNATIONAL IN \$4,557.96 -  
PRIORITY DISPATCH \$12,950.50 - PRO 4 \$26,955.50 - PROAIR SERIVE  
\$3,219.00 - PUBLIC SAFETY CENTER INC. \$2,643.71 - PVS TECHNOLO-  
GIES \$3,913.00 - QUANTUM LAB INC. \$2,883.99 - QUILL CORP.  
\$28,590.64 - \*\*\* RACON \*\*\* \$3,485.00 - RADICOM \$31,688.65 - RADIO  
SHACK \$2,672.99 - RAH EQUIPMENT \$3,729.30 - RANDSTAD \$9,489.67 -  
REPAIR SERVICE CORP. \$4,806.00 - RICMAR INDUSTRIES \$26,243.17 -  
RICOH CUSTOMER FINANCE \$4,890.11 - ROCKENBACH ENTERPRIS-  
ES IN \$28,045.00 - RW TROXELL & COMPANY \$7,100.50 - RYDIN DECAL  
\$5,360.61 - SAVIN CREDIT CORP. \$6,340.36 - SAVIN CORP. \$3,025.44 -  
AT&T \$9,632.61 - SCBAS INC \$4,072.10 - SCHNEIDER CORP. \$3,708.00 -  
SEA LEVEL DIVING \$3,395.00 - SEA VIEW SYSTEMS INC. \$6,746.00 - SEY-  
FARTH SHAW \$23,510.30 - SHEA'S IRON WORKS INC. \$12,630.00 - SIGN  
APPEAL \$6,259.80 - SKANDINAVIAN TILE DESIGN \$8,331.20 - SOFFIETI-  
TI, JOHNSON, TEEGEN, \$278,936.28 - THE SPANCRETE GROUP, INC  
\$18,393.50 - SPARTAN CHASSIS INC. \$62,770.41 - SPRINT/NEXTEL  
\$13,524.48 - SPRING ALIGN \$3,170.28 - STANDARD EQUIPMENT COM-  
PAN \$6,815.31 - TREASURER, STATE OF ILLIN \$2,574.00 - STATE  
TREASURER \$5,427.72 - STEINER ELECTRIC COMPANY \$9,487.64 -  
STERLING CODIFIERS, INC. \$4,789.00 - SUNOPTICS/PRISMATIC/SKYLI  
\$6,232.00 - SUPERIOR PAVING INC. \$8,440.00 - SYNDISTAR INC.  
\$4,449.00 - TEAM ELECTRONIC SYSTEMS I \$3,817.00 - TEE'S PLUS  
\$2,937.85 - TELEDYNE ISCO, INC. \$3,008.24 - TERMINAL SUPPLY CO  
\$2,671.87 - TERRA TECHNOLOGY LAND SUR \$3,500.00 - TEST AMERI-  
CA INC. \$3,371.00 - THELEN SAND & GRAVEL INC. \$13,809.01 -  
THERMFLO, INC \$2,740.70 - TONKA EQUIPMENT COMPANY \$274,678.00 -  
TRAFFIC CONTROL & PROTECT \$3,543.10 - TREASURER OF LAKE  
COUNTY \$147,716.84 - TRINITY INTERIORS INC. \$36,825.25 - TRON-  
VIG, CHARLES AND JUDY \$5,177.88 - UNIVERSITY OF ILLINOIS  
\$8,460.11 - USA BLUE BOOKS \$4,233.74 - US BANK \$263,198.25 - US  
BIOSYSTEMS, INC. \$29,215.90 - US FILTER DAVIS PRODUCTS  
\$40,855.18 - USFILTER ENVIREX \$5,696.00 - U.S.FILTER \$6,430.00 -  
US POSTMASTER \$15,000.00 - VAFCON INC. \$11,820.00 - VALS FOOD  
\$4,442.52 - VICTOR MOTORSPORTS \$7,958.09 - VIKING CHEMICAL  
COMPANY \$12,181.14 - VILLAGE CAR WASH \$4,500.00 - WARDEN,  
ROBERT \$100,323.28 - WASTE MANAGEMENT NORTH \$523,583.91 - WEL-  
TER LANDSCAPING & LAWN \$6,406.24 - WS DARLEY & CO. \$48,206.84 -  
WYLD CREEK INC. \$5,000.00 - ZEP MANUFACTURING COMPANY \$2,928.18.

**PUBLIC NOTICE  
ASSUMED BUSINESS  
NAME APPLICATION**

NAME OF BUSINESS:  
Poochies Plus  
NATURE/PURPOSE:  
Personalized pet products  
for pets and people  
ADDRESS(ES) WHERE  
BUSINESS IS TO BE  
CONDUCTED OR  
TRANSACTION IN THIS  
COUNTY:

1016 Bough Ct., Gurnee,  
IL 60031, 312-403-1096

NAME(S) AND POST OFFICE  
OR RESIDENCE  
ADDRESS(ES) OF THE  
PERSON(S) OWNING,  
CONDUCTING OR  
TRANSACTIONING BUSI-  
NESS:

Dyanne Lynn Foam, 1016  
Bough Ct., Gurnee, IL  
60031, 312-403-1096

STATE OF ILLINOIS  
COUNTY OF LAKE

This is to certify that the undersigned intend(s) to conduct the above named business from the location(s) indicated and that the true and legal full name(s) of the person(s) owning, conducting or transacting the business is/are correct as shown.

/s/ Dyanne Lynn Foam  
October 12, 2006

The foregoing instrument was acknowledged before me by the person(s) intending to conduct the business this 17th day of October, 2006.

OFFICIAL SEAL  
/s/ Steve Burson  
Notary Public

Received: Oct. 17, 2006  
Willard R. Hellander  
Lake County Clerk

1006D-8010-G  
October 27 and  
November 3, 10, 2006

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**DEADLINE: Wednesday 12 noon.**  
Please allow extra time for orders being sent through mail\*.  
Payment must be received with order.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\$24 = 4 lines minimum (approx. 16 words), one week;  
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| <input type="checkbox"/> APPLIANCES .....304         | <input type="checkbox"/> AUTOMOBILE LOAN & FINANCING ..804 |
| <input type="checkbox"/> MISC. MERCHANDISE .....350  | <input type="checkbox"/> VANS & TRUCKS .....834            |
| <input type="checkbox"/> PETS .....360               | <input type="checkbox"/> AUTOMOBILES WANTED .....848       |
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Line 1	1	2	3	4
Line 2	5	6	7	8
Line 3	9	10	11	12
Line 4	13	14	15	16
Line 5	17	18	19	20
Line 6	21	22	23	24
Line 7	25	26	27	28
Line 8	29	30	31	32
Line 9	33	34	35	36

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WEEKLY JOURNALS

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Description: \_\_\_\_\_

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Address \_\_\_\_\_

City \_\_\_\_\_

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WEEKLY JOURNALS

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## General, FT 3400

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## "Both Parties Have Let Us Down"

An Independent

John is a combat tested fighter pilot, former Major General USAF, Diplomat, Business Executive, Civic Leader, Motorcyclist, Speaker, White House Fellow and a POW in Vietnam for over 6 years. A South Side Chicago native like Myrna, his wife of 43 years, they have lived in Brookfield for over 5 years and have two daughters.

An Idealist without Illusions

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General, FT 3400

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8261 Elmwood Avenue  
Skokie, IL 60077  
danmeyer@wwmeyer.com  
Fax: 847-673-5554  
Ph: 847-673-0312 x 239

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General, FT 3400

## ★★★★★★

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General, FT 3400

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General, FT 3400

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NorthWest News Group is looking for experienced **Outside Sales Representatives** for McHenry, Lake, Kane and DeKalb counties.

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If you are interested, please send your resume to:

**NorthWest News Group**

Human Resources Department  
Attn: Outside Sales Representative  
P.O. Box 250  
Crystal Lake, IL 60039

Email: recruitment@nwnewsgroup.com

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EOE



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**General, FT 3400**

**Restaurant Manager & Sou Chef**  
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## WHEELS

Looking for a new car?  
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## 7 new-vehicle extras you can do without

Purchasing a vehicle is an expensive venture. Sticker prices on average vehicles typically stray above the \$30,000 mark across the board. According to a 2004 report by CNN, prices seem to climb by 2 or 3 percent each year. With such a tug on the wallet, many dealerships offer creative financing and incentives so buy-

ers can reign in that number.

However, just when a buyer sits down with their salesperson to hammer out the sales contract — content with the negotiated figure — the long list of extras is presented. This can include everything from auto accessories to extended warranties. And the fact of the matter is, most you don't even need.

Consider these items you can take a pass on:

1. **Dealer prep fees:** The

manufacturer pays the dealership to prepare the vehicle for you and you shouldn't be charged for it. However, it always is included on your bill. Refuse this unnecessary fee.

2. **VIN etching:** With this service, the vehicle identification number (VIN) is permanently etched into the windows to help deter theft. Some auto-insurance carriers will offer a discount for VIN etching, but that doesn't mean you have to pay top dollar to have the dealership do it. There are other less-expensive options, even a do-it-yourself kit that costs about \$25. Make sure the dealer removes this cost from your

bill.

3. **Rustproofing or undercoating:** According to Consumer Reports, rust problems have almost vanished in modern vehicles and today's manufacturing offers good corrosive protection.

4. **Fabric protection:** If your vehicle has cloth seats, you can purchase a can of fabric protector and do the job yourself — much cheaper than through the dealership.

5. **Wheel locks:** These are special lug nuts that cannot be removed with a standard tire iron, and are meant to deter wheel theft. Unless you are overly concerned about theft,

pass on this option.

6. **Extended warranties:** Today's vehicles come standard with at least a three-year/36,000-mile bumper-to-bumper factory warranty. So if you lease your new vehicle under a typical 3-year lease or are purchasing a vehicle that has an above-average reliability record, there's no need to waste funds on an extended warranty.

7. **Dealer oil changes:** Dealers often try to sell oil change and carwash packages. Usually you can have a quality job done elsewhere for much less. The same can be said for any major repair work.



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Gearing up for slippery conditions:

# What's the difference between AWD and 4WD

Do you know that today all-wheel-drive (AWD) and four-wheel-drive (4WD) vehicles make up about 25 percent of the car and truck market, with prediction for 50 percent of the market in years to come according to reports by "Forbes"? For some that is surprising. It wasn't very long ago that these drivetrains were reserved for a select number of autos, mainly Jeeps and commercial trucks.

Despite the fact that the systems are typically heavier, and in turn make a vehicle less fuel efficient, the AWD and 4WD boom is continuing to make gains.

All of this talk about four-wheel capabilities begs the questions: Just what's the difference between the two? Aren't they just one and the same? Actually, no.

Let's get to what makes these two drivetrains unique, but first, this lesson on torque, traction and wheel slip.

**Torque:** This is the twisting force that the engine produces and what moves the vehicle. The gears in a vehicle's transmission and the differential multiply the torque and split it up between wheels. Lower gears provide more torque. Torque is also directly related to traction, meaning the maximum amount of torque that can be created is determined by the amount of traction, not by the engine. A car engine can be very powerful, but if the traction is not there, the car won't move very well.

**Traction:** A number of factors influence traction, including the weight placed on the tires. However, weight shifts as the car maneuvers. For example, when a car makes turns, weight shifts to the outside wheels.

During acceleration, weight shifts to the rear wheels. The coefficient of traction also is involved. This is the relationship between the amount of traction between the tires and the road to the weight resting on each tire. The coefficient of traction can be changed based on the tire used for a specific type of road. For example, a large, knobby tire for off-roading in the mud



would have more traction than the same tire on a dry, flat road.

**Wheel slip:** This occurs when the force being applied to a tire exceeds the traction available to the tire. Force can be longitudinal — that which comes from the torque applied by the engine or the brake, or lateral — that which is the force it takes for a car to change directions when driving around a turn.

Here's where 4WD and AWD come into play. In cars that drive four wheels you have the ability to double the amount of longitudinal force (what makes the car go) that the tires apply to the ground — improving traction in many conditions and reducing wheel slip. Scenarios where AWD and 4WD have advantages include snow, where most 2WD cars lose traction quickly; off-roading, where one or more tires may lose traction when crossing a stream, etc.; or when a vehicle needs to scale slippery hills. AWD and 4WD work by locking the front and rear axles together to work in unison, providing power in both the front and rear.

However, we still haven't solved the mystery between the differences between 4WD and AWD, but at least we cleared up why they're often desired.

**4WD** — In most cases, 4WD is a part-time system, meaning the car drives on two wheels during regular use and then the driver must manually engage all four

wheels when more traction is desired. This can be by flipping a switch inside of the vehicle. 4WD may also have a special low range for difficult off-road conditions. There is also full-time 4WD, which is similar to AWD, but may still have the special low range.

**AWD** — This system requires minimal driver participation. Depending upon the vehicle manufacturer, AWD automatically engages when the need to deliver more traction is necessary — called on demand — or may be in play at all times. AWD will not have the special low range.

Desire for vehicles boasting more traction have fueled the AWD and 4WD market. Auto manufacturers now offer larger lines of SUVs with these drivetrains, in addition to crossover vehicles that have an SUV body type on a car platforms instead of truck frames. Informal studies have shown that more people buy these vehicles for their rugged look, rather than their off-road capabilities.

As a safety side note, it's also important to mention that AWD or 4WD will not improve a vehicle's ability to stop better during slippery conditions — that is an entirely different topic in regard to braking. Therefore, improved traction alone does not give drivers of AWD or 4WD vehicles license to speed or drive recklessly in inclement conditions.

# Don't let faulty repairs blow up in your face

If you've been involved in a collision in which one or more of your vehicle airbags deployed, you probably appreciate the added safety and protection these seemingly simple devices offer. In fact, you may be one of the more than 5,000 people whose lives, according to the National Highway Traffic Safety Administration

(NHTSA), have been saved because of vehicle airbags.

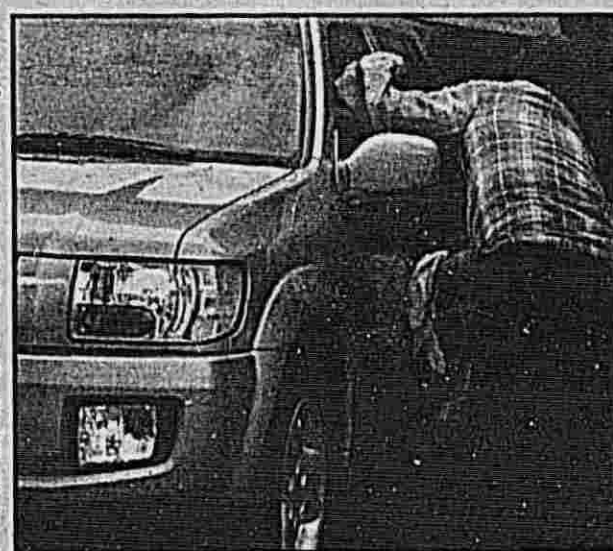
But airbags won't effectively do their job of protecting you and other occupants in your vehicle unless you do your part before — and, just as importantly, after — you're in a collision that triggers airbag deployment.

Here are some tips to help you get the most protection from your vehicle safety systems.

- Check the owner's manual for your vehicle to make sure you understand what the airbag light on the instrument panel is telling you. Generally, if the airbag light is ON (other than briefly when you first start the vehicle), there's a problem with the system that should be checked right away.

- Although 1998 and newer vehicles have redesigned airbags that reduce the chance of injuries from airbag deployment, it is always best not to sit too close to an airbag. Drivers should move their seat rearward as far as they can without impeding their ability to see the road ahead and to reach the steering wheel and pedals. (Try to allow for at least 10 inches between the steering wheel and the driver's chest.) Don't lean forward as you drive. If your vehicle has a tilt steering wheel, tilt it downward so the airbag will deploy toward the driver's chest, not the head.

- All 1998 and newer cars (and 1999 or newer light trucks) also have passenger-side airbags. All front-seat passengers — not just those who are shorter or elderly — should also move their seat as far rearward as possible to maximize the distance between their chest and the instrument panel to give the airbag room to de-



ploy safely.

- NHTSA recommends placing all children 12 and under in the rear seat. It's the safest place for children in vehicles with or without airbags.

- A deployed airbag must be replaced! It cannot be "repacked." In fact, most of the airbag system's parts are not repairable — they must be replaced. For the system to function correctly in another collision, the proper parts must be purchased and installed by a qualified technician.

- Airbags won't protect you properly if you're not wearing a seat belt. Seat belts and airbags work together as a system. Some vehicle seat belts have a device that automatically tightens the seat belt in the event of a collision. As with an airbag, once it deploys, it must be replaced. Also, in severe collisions, the webbing fabric of the seat belt may become stretched, which could affect its restraining ability in a subsequent collision. Ask that all seatbelts in use at the time of the collision be checked for safety.

While airbags can protect you during a collision, it's also important to have your vehicle repaired properly after a collision.

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# LAKE

Friday  
October 27, 2006

LAKE COUNTY JOURNALS  
Section C

## ● This Weekend

Check out two haunted areas in Fox Lake. The X-treme Hauntings Sayton Road Slaughterhouse is ready to scare even the bravest of thrill-seekers. The haunted house will be open from 7 p.m. to midnight on Oct. 27, 28, 29 and 31.

The Stadel Dairy Farm also has haunted tents, and trick-or-treating will take place this weekend on Oct. 28 and 29.

See page C5

## Calling all inventors

A Round Lake man auditions for the PBS reality show "Everyday Edisons" with his invention, a removable rescue board.

11

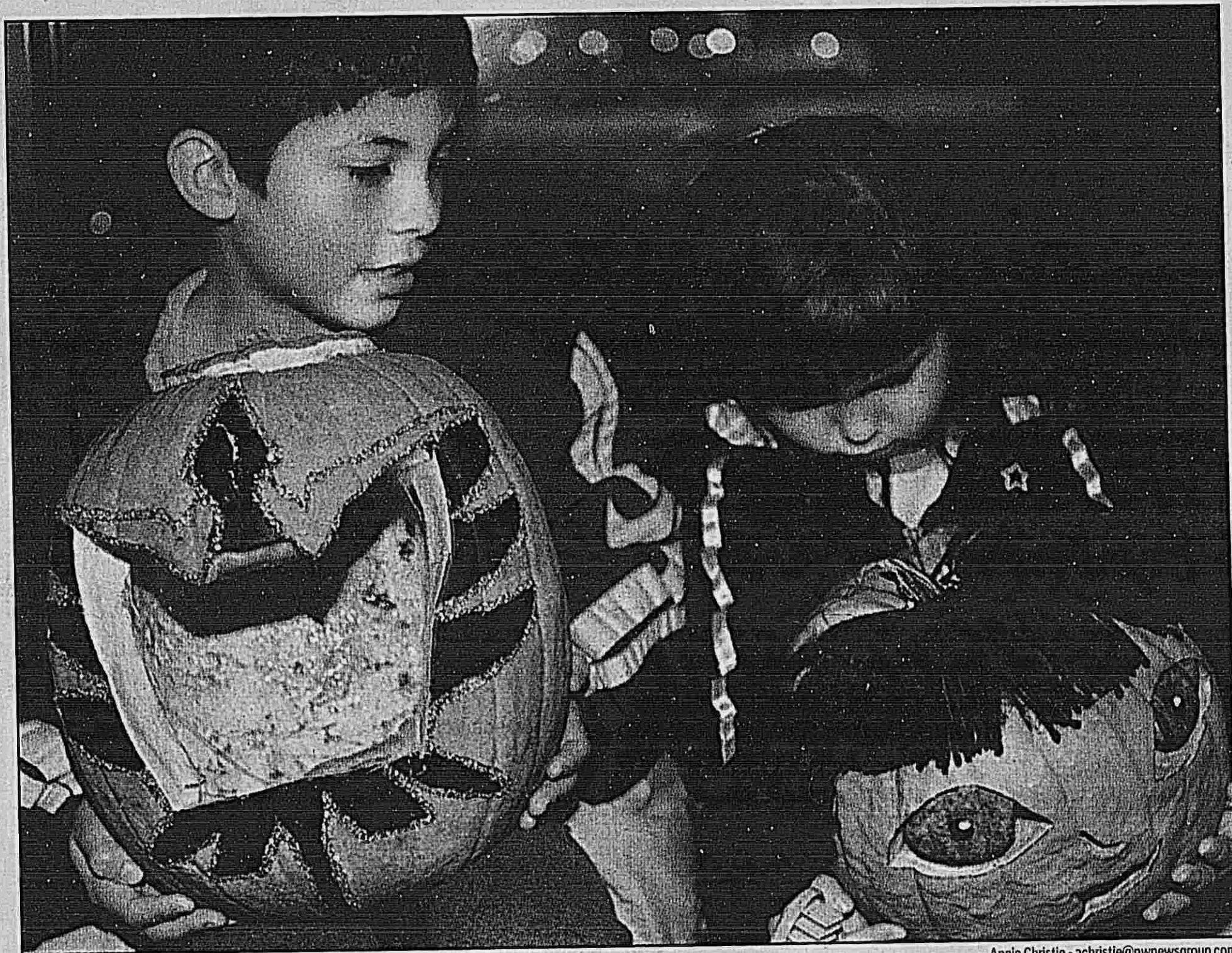
## Paws in the paint

Cats make art during the "PiCATsso Feline Art Exhibit," which takes place at 7 p.m. on Friday, Nov. 3, in Grayslake.

7



# Carrying on the tradition



Annie Christie - achristie@nwnewsgroup.com

Michael Salinas, 7, and his sister, Gina Conrad, 2, display their pumpkins at the Waukegan Public Library Pumpkin Carving and Decorating Contest. The contest took place on Thursday, Oct. 19, in celebration of Halloween. See page C2 for other Halloween and Día de los Muertos traditions.

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# No matter the holiday, tradition still key

Local residents celebrate fall season with family, friends

By JESSICA JACOBSEN  
jjacobsen@nwnewsgroup.com  
By DANI SCHWEIGERT  
dschweigert@nwnewsgroup.com

As the end of October approaches, so do holidays. Among the many holidays that make up the end of the year are Halloween and Day of the Dead.

With these holidays come a range of traditions, which can be highly recognized, or restricted to one's family.

John Tenuto, a sociology instructor at the College of Lake County, said he believes many things influence holiday traditions.

"I think it really has to do with the fact of our lives being made up of different subcultures," he said.

Of the subcultures that impact traditions, Tenuto named work, family, friends and hobbies as the most likely to influence people.

"Every subculture you are a part of has forming features," Tenuto said.

Those features can be referred to as the A, B, C and D's of subcultures, Tenuto explained. The A is in reference to argot, which would be considered language or slang. An example of this is the Halloween phrase "trick-or-treat."

The B stands for beliefs, which might refer to practices that have an effect on the lives of the people in the subculture. The altars that are a part of Day of the Dead would be an example of this. The letter C is for contact, in reference to what form interaction takes. An example of this would be the use of the altars to communicate with the dead during Day of the Dead.

The D stands for dress, which refers to specialized costumes, Tenuto said. The practice of wearing costumes for Halloween is an example of this.

## Halloween hoopla

Black cats, witches, goblins and jack-o-lanterns — These are a few things that might spring to mind when Halloween is mentioned.

But depending on who is talking, Halloween activities can vary.

Michael Salinas, 7, of Waukegan, celebrates both Day of the Dead and Halloween. His favorite tradition is one that is associated with both holidays.

"To make pumpkins," he said.

Along with carving pumpkins, Salinas and his family have other traditions they like to do during the holiday.



Sandy Bressner - sbressner@nwnewsgroup.com

Tarence Yap, 5, of Waukegan, listens closely to the explanation of the significance of sugar skulls as part of the Mexican holiday Día de los Muertos, or Day of the Dead. The sugar skull program took place at the Waukegan Public Library.

"I usually decorate the house with Halloween lights ... and pumpkins — a lot of pumpkins," Salinas said.

Another tradition usually associated with Halloween is dressing up and trick-or-treating.

"[It's] one of a few ways we celebrate ... with strangers," Tenuto said. "It's really one of the only holidays [where that interaction occurs]."

Costumes worn for the holiday come in a variety of genres, including a princess or an axe-murder, and seem to allow people to become a character.

"That's part of Halloween," Tenuto said. "You can dress like a bad guy. It's a chance for people to let go and be naughty, before they have to be good."

But the highly recognized traditions of costumes, pumpkin carving and trick-or-treating are not the only activities that people partake in during Halloween.

Kate Jefferson, of Lake Villa, has a tradition that involves not only her family, but also her neighbors.

"Our neighborhood does a cool thing," Jefferson said. "It has a bonfire."

In Jefferson's neighborhood, she said, people sit outside at the edge of their driveways and have food and drinks for the holiday.

Neighborhood gatherings and decorating are a few of the things that make Halloween full of traditions.

## Discovering Day of the Dead

Celebrating holidays like Halloween might seem like an American tradition, but many other cultures are held together by tradition as well.

One of these traditions is Day of the Dead, or Día de los Muertos, which originated in Mexico and is celebrated on Nov. 1 and 2. Día de los Muertos is not a day to fear the dead rising from the grave and returning to the earth, but rather a day of festivities to remember those who have passed.

"It's a day to celebrate loved ones who have passed on," Waukegan Public Library Children's Department Manager Heidi Richter said. "It's a way to make fun of something that happens to all of us."

To help teach the community about Día de los Muertos and the traditions of the holiday, the Waukegan library hosted a skull mask-making activity on Oct. 9.

Hispanic events consultant for the Waukegan library Maria Camacho knows all about teaching different cultures to local residents. Camacho moved from Mexico City to the United States seven years ago and said the importance of spreading Mexican traditions like Día de los Muertos is why she moved to America and began working at the library.

"We have a lot of diverse people in Lake County," she said. "It's good if we learn about all of them. It makes us more open minded."

Camacho explained that Día de los Muertos embodies four elements — earth, air, wind and fire, and that vari-



Annie Christie - achristie@nwnewsgroup.com

Gina Conrad, 2, plays with her decorated mini pumpkin during the Waukegan Public Library's Pumpkin Carving and Decorating Contest. The event celebrated Halloween.

ous items on the altar during the skull mask event at the library were used to represent these elements.

"The flowers on the altar represent Mother Nature, the candles represent fire, the tissue paper symbolizes air, and the water is used to show the cycle of life, where you are continuously renewed," she said. "Día de los Muertos is like Christmas. Everyone celebrates it."

Camacho also explained that Día de los Muertos is a two-day celebration. On the first day, people who died in accidents, who have no one to pray for them, are remembered. On the second day, the memories of adults are remembered with mole, rice and other traditional Mexican items.

"When we come here from our native land, we worry about jobs and life, and it's a way to open communication between parents and adults," Camacho said. "It's a way to teach traditions."

And the chance to teach traditions to their children was why Pepe and Lucy Leguizamo, of Waukegan, brought their kids to the Waukegan library. Growing up in Mexico, Pepe said he always had a wonderful time celebrating Día de los Muertos, adding that he wanted to pass on the fun to his children, Liliana and Esteban.

"It was always fun, so I figured they'd enjoy it, too," Pepe said. "[Día de los Muertos] is the only time we do think about our traditions."

Although Liliana and Esteban were learning about Día de los Muertos for the first time, they were thrilled to experience the traditions of another culture.

Sarah Tomes also came to the Waukegan library with her daughter Geanna to make skull masks and learn about Mexican traditions.

"We love the library and supporting it," Sarah said. "Learning about other holidays teaches you acceptance, and you get to know about other people and cultures."

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# 'Denmark' opens in new theater

## Tickets, please

**What:** "Denmark"

**Where:** Victory Gardens Theater at the Biograph, 2257 N. Lincoln Ave., Chicago

**When:** Through Nov. 12

**Tickets:** \$25-\$45

**Show information:** (773) 871-3000

By TOM WITOM

thomaswitom@yahoo.com

Victory Gardens launched its 32nd year with gusto by moving into the fully refurbished, historic Biograph Theater and launching its season with the world premiere of "Denmark," a provocative play by Charles Smith.

Its roomy new home – featuring a state-of-the-art semi-thrust stage, 299 cushy seats and eye-pleasing decor – is a knockout.

And Smith (who also wrote "Free Man of Color") has hit a home run with his telling drama, which is drawn from the life of Denmark Vesey, an African-American slave who bought his freedom in 1800

with a \$1,500 windfall from the state lottery.

Denmark's former master was Captain Vesey (Raoul Johnson), a retired slave runner on whose ships Denmark toiled as translator, business aide and personal servant. Memories of how the human cargo suffered while being transported from the Caribbean, Africa and elsewhere continue to haunt Denmark, who is frequently visited by apparitions.

Living as a freeman and working as a carpenter, Denmark (Anthony Fleming III) sets his sights on buying freedom for Beck (Velma Austin), a young woman kept in the household of aging Colonel Monroe (Joe Van Slyke).

But before he can pursue such a plan, he agrees to build a local church to accommodate the black population. He faults the Rev. Brown (A.C. Smith) for being too timid in his sermons, preaching only "good news" from the New Testament and – to not ruffle an already-skittish white ruling class – avoiding



Photo provided

Anthony Fleming III, as Denmark, and Velma Austin, as Beck, rehearse a scene from "Denmark" at Victory Gardens Theater at the Biograph.

the harsher pronouncements of the Old Testament.

Once Denmark is thwarted in his efforts to win Beck her freedom, he starts to plant seeds for a massive rebellion and enlists Omar Sewell (Kenn E. Head), a local shaman, despite warnings that he was flirting with disaster that could only lead to "the business end of a rope."

Rounding out the cast is Gregory Lush, who plays the not-very-Christian-like Rev. Canker.

Smith weaves an intense drama with bristling dialogue that goes to the core of freedom and freedom-fighters.

Director Dennis Zacek can take pride in his new theater and in the choice of play he has selected for its inaugural.

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# REEL MOVIES

## Movie Review Key

4 = Don't miss this movie!  
3 = Worth seeing, but could've been better  
2 = Wait until this movie comes out on video  
1 = Someone should be fired for making this movie

By Pam & George Singleton



Page C4

LAKE COUNTY JOURNALS

Friday, October 27, 2006

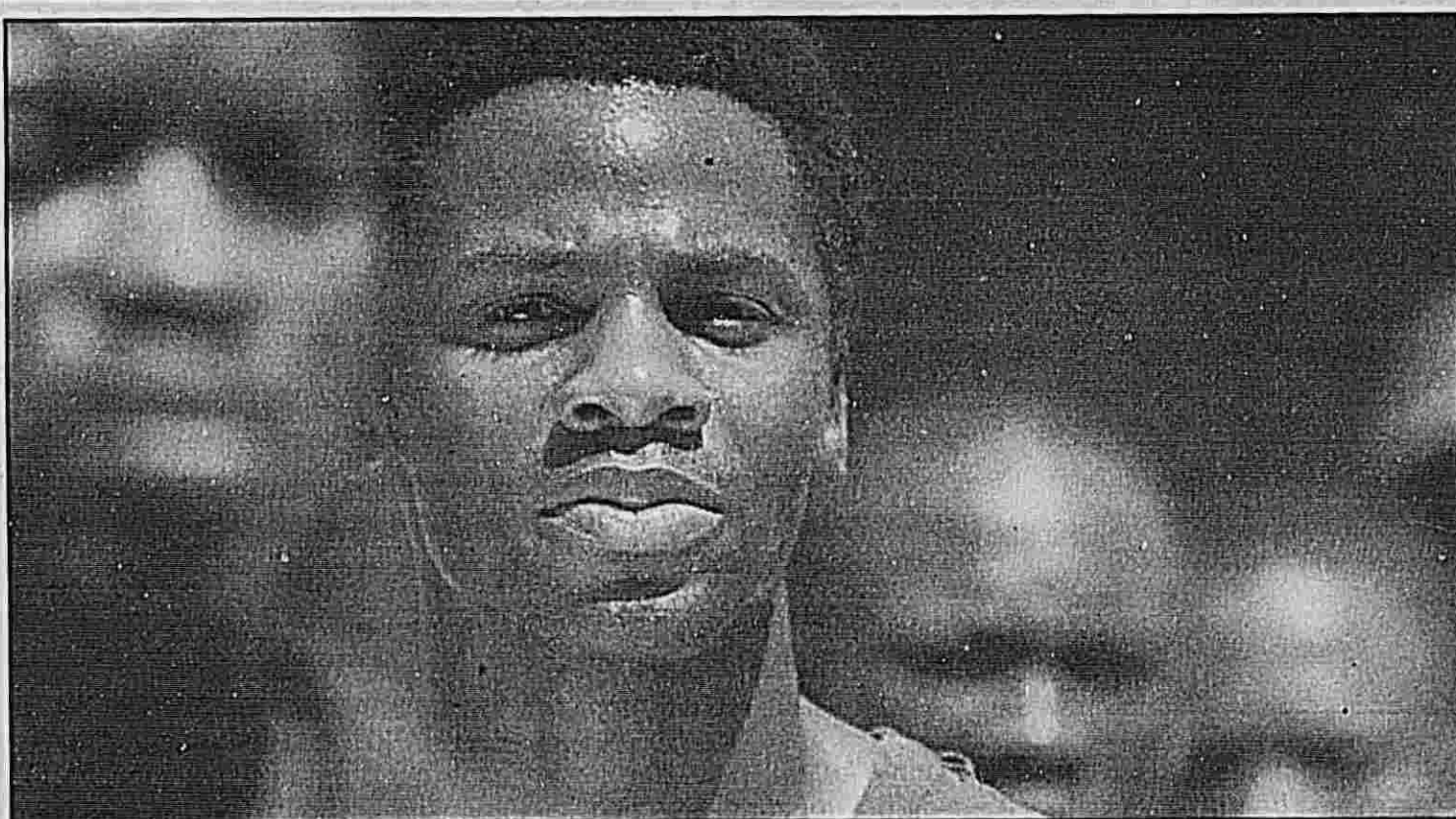


Photo provided

'Catch a Fire' tells the true-life story of South African freedom fighter Patrick Chamusso, played by Derek Luke. It also tells of Chamusso's struggle to prove his innocence and protect his family after he is arrested.

# 'Catch a Fire' creates an intoxicating flame

## Catch a Fire

Director: Phillip Noyce

Genre: Drama

Additional information: Focus Features; rated PG-13 for thematic material involving torture, violence and brief language; running time is 98 minutes.

By PAM and GEORGE SINGLETON  
welisten@playrules.com

"Catch A Fire" is the powerfully compelling, true-life story of South African freedom fighter Patrick Chamusso, portrayed in the film with gut-wrenching vulnerability by Derek Luke ("Antwone Fisher"). This is also a love story that chronicles a journey to forgiveness.

It is 1980, and Patrick is a foreman at the Secunda Oil Refinery in South Africa. Opposition to apartheid is rife but Patrick is apolitical and goes about his business to support his lovely wife, Precious (Bonnie Henna), and their two young daughters. He also coaches a boys soccer team.

The clandestine military wing (the MK) of the banned African National Congress

(ANC) is operating in full force with protests and armed resistance all over South Africa. It's a virtual civil war. Sanctions have been imposed against South Africa because of apartheid. Then a plot to bomb the Secunda refinery is discovered, and Chamusso is arrested.

Chamusso had nothing to do with the bombing, but the authorities, under the command of Col. Nic Vos (Tim Robbins), don't believe him. Vos is chillingly deceitful and while he holds Patrick for interrogation, he even invites him to have dinner with his family.

That ploy fails, and Patrick is beaten and tortured in an attempt to get him to reveal names. What happens next sets Chamusso's future. His wife Precious is arrested and tortured. Chamusso is determined to wipe out Vos and he joins the MK in the armed fight against the rule of apartheid.

Now he does mastermind a plan to blow up the Secunda Oil Refinery. Since Chamusso knows the lay out he insists on planting the devices on his own. He can get in and out quickly.

The combined talent that brings "Catch A Fire" to the

screen is awesome. Luke's performance is grand. He allows us to see Chamusso's intellect, charm and flaws.

Director Phillip Noyce ("Rabbit-Proof Fence," "The Quiet American," "Clear and Present Danger" and "Patriot Games") brings audiences another great politically charged story told on a human scale.

Writer Shawn Slovo has a personal stake in this film. She was born in South Africa and both her parents were anti-apartheid activists, who were forced into exile. Her father, Joe Slovo (who encouraged Shawn to tell Chamusso's story), is depicted in the film. He served as chief of staff for the militant MK.

"Catch A Fire" captures, effectively, one man's struggle with his personal demons and a nation's struggle with the demon of apartheid. Of course, humanity continues to wrestle with the horrors of genocide and murder across the globe.

In telling one man's story, this film might ignite a spark within each of us to look for what we can do each day to right the angle of the human condition.

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FLICKA (PG) 1:00 (4:00) 6:45 9:15

THE GUARDIAN (PG-13) 1:15 (4:45) 8:00

MARIE ANTOINETTE (PG-13) 2:15 (5:15) 8:15

OPEN SEASON (PG) 12:45 (3:45) 6:15 9:00

ONE NIGHT WITH THE KING (PG) 1:30 (4:15) 7:00 9:45

EMPLOYEE OF THE MONTH (PG-13) 1:45 (4:30) 7:15 10:00

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THE PRESTIGE (PG-13) 12:45 (3:45) 6:45 9:45

MAN OF THE YEAR (PG-13) 1:45 (5:00) 7:45 10:30

THE DEPARTED (R) 12:15 1:00 (3:30 4:30) 7:00 8:00 10:20

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Saw 3 (R) 12:30, 2:55, 5:30, 8:30

Saw 3 (R) 1:45, 4:20, 7:15, 9:45

Running With Scissors (R) X

1:20, 4:15, 7:05, 10:00

Catch A Fire (PG13) 1:15, 4:00, 6:50, 9:15

Flicka (PG) X 12:45, 3:05, 5:20, 7:35, 9:55

Marie Antoinette (PG13) X

12:55, 3:45, 6:40, 9:30

The Prestige (PG13) 1:05, 4:15, 7:10, 9:55

The Grudge 2 (PG13) 12:40, 2:55, 5:20, 7:40, 10:00

The Grudge 2 (PG13) 1:50, 4:05, 6:50, 9:15

The Marine (PG13) 12:35, 2:45, 5:00, 7:10, 9:25

Man Of The Year (PG13) 1:15, 4:10, 7:00, 9:50

Texas Chainsaw: Beginning (R) 12:30, 2:45, 5:00, 7:15, 9:30

Employee Of The Month (PG13) 12:45, 3:00, 5:10, 7:30, 9:45

The Departed (R) 12:50, 4:10, 7:30

The Departed (R) 2:15, 5:30, 9:00

The Guardian (PG13) 12:50, 3:50, 6:50, 9:50

Open Season (PG) 12:30, 2:40, 4:50, 7:05, 9:10

Open Season (PG) 1:35, 3:45, 6:00

Jackass 2 (R) 12:40, 3:00, 5:15, 7:40, 10:05

Jet Li's Fearless (PG13) 12:55, 3:05, 5:20, 7:35, 9:55

Gridiron Gang (PG13) 8:15

The Departed (R)

Open Captioned Fr 4:10, Sa 12:50, Su 7:30

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## Still playing

The Departed: R

Employee of the Month: PG-13

The Grudge 2: PG-13

Gridiron Gang: PG-13

The Guardian: PG-13

Open Season: PG

Flicka: PG

Flags of our Fathers: R

Little Children: R

Marie Antoinette: PG-13

The Illusionist: PG-13

The Prestige: PG-13

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Adv. Tix on Sale SANTA CLAUSE 3: THE ESCAPE

CLAUDE (G) \*

Big Screen: SAW III (R) - ID REQ'D (1130 1230 200 300 430

530) 700 800 930 1030

SAW III (R) - ID REQ'D (130 400) 630 900 1130

CATCH A FIRE (PG-13) (1135 205 440) 705 935

FLAGS OF OUR FATHERS (R) - ID REQ'D (1245 145 345 445)

645 745 945 1045

FLICKA (PG) (1140 155 415) 635 905

THE PRESTIGE (PG-13) (135 435) 735 1035

THE GRUDGE 2 (PG-13) (1145 215 450) 720 1005

MAN OF THE YEAR (PG-13) (100 350) 710 1010

THE MARINE (PG-13) (1205 220 455) 715 1015

ONE NIGHT WITH THE KING (PG) (140) 655

DEPARTED (R) - ID REQ'D (1155 1255 310 410) 625 725 940

1040

EMPLOYEE OF THE MONTH (PG-13) (1225 255 525) 755 1025

TEXAS CHAINSAW MASSACRE: THE BEGINNING (R) - ID REQ'D (1250 305 520) 740 955

THE GUARDIAN (PG-13) (1235 340) 650 1000

OPEN SEASON (PG) (1200 210 420) 640 910

JACKASS: NUMBER TWO (R) - ID REQ'D (425) 950

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THRU THURSDAY, NOV. 2

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Daily 12:40 3:00 5:20 7:40 10:00

FLICKA\* [PG]  
Daily 12:00 2:10 4:20 6:30 8:40

THE PRESTIGE\* [PG-13]  
Daily 1:45 4:25 7:05 9:45

FLAGS OF OUR FATHERS\* [R]  
Daily 1:00 3:55 6:50 9:40

THE GRUDGE 2 [PG-13]  
Daily 12:50 3:05 5:20 7:35 9:50

MAN OF THE YEAR [PG-13]  
Daily 12:00 2:25 4:50 7:15 9:40

THE MARINE [PG-13] Daily 3:00 9:35

EMPLOYEE OF THE MONTH [PG-13]  
Daily 12:45 5:05 7:20

THE DEPARTED [R]  
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# Game Dork

## Basketball video games receive mixed reviews

When I play video game basketball, I don't want to see a storyline. Basketball games really just need to get to the action, or I'm out. Such is the case with "NBA '07."

It's ambitious. It comes with all these little cinematic scenes of you, the star player, chatting with coaches and lounging around. But when you finally take the court, the basketball players look and move as rudimentary as they did in games many years ago.

This is too bad. "NBA '07" for PS 2 and PSP could have given stiff competition to the other main basketball games on the market.

Instead, "NBA '07" plays poor, looks poor and is moderately easy. It's rated E.

As for the big dogs of the NBA games, things are looking both up and down. Should you buy a new basketball game, or just stick with last year's copy? If you're short on cash, you'd be fine holding onto last year's NBA titles. If you have \$40 to \$60, "NBA 2K7" does offer some improvements.

In fact, "NBA 2K7" is the prime basketball game of the season. "2K7" gives you exactly what you want, if you're looking for a substantial experience. It does not give you what you want, however, if you don't

want to contend with realistic fouls and tough defenses.

Then again, if you prefer to beat opponents more easily, you can always go into the game's "options" menu and tweak competitors to play as lightweights.

Generously, in addition to the standard I-want-to-play-now and season modes, "2K7" also

comes with a few mildly entertaining side games.

An included street-ball game is all right, but it's not the kind of flashy, kapow street game



Doug Elfman

you're used to. It's essentially just NBA gaming on asphalt.

There's also a side game where you play ball to gain respect, so you can earn your way from obscurity to NBA challenger.

All this flash and depth offers good bang for the buck. It's available for Xbox 360, Xbox and PS 2. It plays fun, looks great and it's challenging. It's rated E.

"NBA Live '07" is the NBA title I thought I was preordained to prefer because last year's model was a joy - fluid and fun. But this year's "NBA Live," while almost exactly the

same, is saddled with one big problem: the visuals are incredibly choppy.

When you dribble the ball, at times it looks as if you are watching a strobe of the action. Clearly, this is weird and more stylistic than graceful.

What a shame. If not for this artistic screw-up, "Live" could've been a classic, with its slick play and its online capabilities to feed you sports scores. It's available for Xbox 360, Xbox, PS 2 and PSP.

Alas, "NBA Live" plays just kind of fun. It looks fantastic, except for the gigantic flaw. And it's a tad too easy. It's rated E.

**UPDATE:** I just got up to speed on the new "The Fast and the Furious" game. Normally it's best to steer clear of games based on movies, but this one is for sure fast and occasionally furious. You race on highways in Japan, upgrading cars and buying faster models with race winnings.

It's a well-drawn adventure. The steering and handling are perfect. And the bumpy feel of the road gives it a realistic feel. It's available for PS 2. Plays fun, looks good and is moderately challenging. It's rated T for mild language and mild lyrics.

• Doug Elfman is a video game critic for the NorthWest News Group.

## Bob Saget to perform in Waukegan

Wholesome TV personality to shed light on his hilarious comedic dark side

WAUKEGAN - Former "Full House" dad Bob Saget is coming to Waukegan.

Saget will perform at the Genesee Theatre at 8 p.m. on Saturday, Dec. 2. Tickets, which cost \$38, are on sale now.

For years, Saget was a familiar TV figure, starring as Danny Tanner in the family-friendly sitcom "Full House" and hosting "America's Funniest Home Videos."

The actor also has been a

whip-smart standup comedian for more than 20 years and has



Bob Saget  
TV personality  
and comedian

had movie roles ("Half Baked," "Dumb and Dumberer: When Harry Met Lloyd") and cable series cameos ("Huff," "Entourage").

Saget's decidedly adult

brand of comedy, which deals with life as a single dad, dating and divorce, will leave audience members looking at him in a whole new light.

Tickets for Saget's Genesee Theatre show can be purchased at the Genesee Theatre Box Office, all Ticketmaster outlets, charge-by-phone at (312) 559-1212, or online at [www.ticketmaster.com](http://www.ticketmaster.com).

The Genesee Theatre is located at 203 N. Genesee St. in Waukegan.

For more information on Saget's upcoming performance, visit [www.genesee theatre.com](http://www.genesee theatre.com).

## Grim Reaper to say 'hello' to residents

FOX LAKE - Enter at your own risk.

That's what the sign reads outside the headquarters of Xtreme Hauntings Sayton Road Slaughterhouse in Fox Lake.

Once inside the haunted house, visitors are greeted by a Grim Reaper painting. Then, horror-lovers must move on to tackle the mazes and rooms inside the Sayton Road building.

The haunted house is dubbed the "slaughterhouse," and it will be set up from 7 p.m. to midnight on Oct. 27, 28, 29 and 31.

Many people already have dropped by the house for scares, organizer John Vileta said.

"We have had real good attendance," he said. "This is the 13th year that I have been doing haunted houses. Most are going by way of the family, but we want to scare you. The goal is to be gruesome. We have 14,000 square feet and found the building a few months ago."

The exorcist room is among the more popular rooms, Vileta added. Xtreme Hauntings Sayton Road Slaughterhouse is located on Sayton Road, off Route 12, in Fox Lake.

For more information, call (847) 702-7227, or visit [www.xtremehauntings.com](http://www.xtremehauntings.com).

### Stade Dairy Farm

Stade Dairy Farm in Johnsburg also offers fall fun,

with its Shade of Autumn and "The Dark," which includes three haunted tents.

The farm is located off Miller Road, between Spring Grove and Johnsburg.

At the farm, one can enjoy a giant maze, hay rides, musical entertainment and pumpkin cannon demonstrations. Karaoke and trick-or-treating will take place on Oct. 28 and 29.

"It is good fun for all. It is nice," visitor Glenn Kaht said. "This is the first time that we have been here. It's good to see a working farm."

Jodie Treptow had a group of six youngsters with her at the farm.

"The bale maze and the truck maze were fun," Treptow said. "Each year they add something new. We have been [coming] here about 12 years."

Hannah and Brian Siegel, of Grayslake, admitted that parts of the haunted tents were scary, including Mrs. Frankenstein at the end.

Their dad, Ken, brought a group of youngsters to the farm so that they could enjoy the festival.

Located in McHenry County, the Shades of Autumn is an annual fall festival.

For more information about Stade Dairy Farm events, visit the farm's Web site at [www.stadedairyfarm.com](http://www.stadedairyfarm.com)

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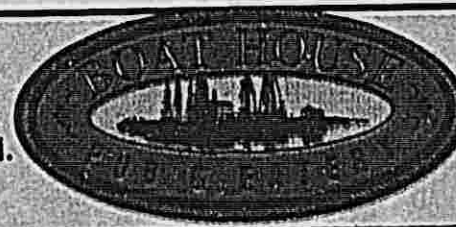
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# Round Lake man to audition for realty show

By HELEN MANSFIELD  
hmansfield@nwnewsgroup.com

ROUND LAKE – Most of us can remember from grade school that Thomas Alva Edison invented the light bulb. But, with more than 1,000 U.S. patents to his name, Edison did a lot more than just light bulbs.

In 2005, PBS broadcasted a reality program called "Everyday Edisons." The premise of the show is that regular, average people have a little Edison in them. "Ordinary people, extraordinary ideas" is the show's tag line.

Unlike the ABC program "American Inventor," brought to us by British Simon Cowell, "Everyday Edisons" is not designed to humiliate contestants.

This Saturday, Oct. 28, producers will hold auditions at the WTTW channel 11 studio in downtown Chicago. Round Lake resident and Elk Grove Village fireman, Hans Gustavsen, is hoping to get some exposure for a device he's been working on for nearly 20 years.

Gustavsen's doohickey is a colorful hunk of aluminum. It looks like an elaborate piece of mail-sorting office equipment, but coming in at six pounds, it seems an impractical item to keep on a desk. In April 2005, Gustavsen had his "removable rescue board," or the "back board boot" as he calls it, patented.

The piece is designed to support a patient's feet, and in turn, the rest of his or her body, once the patient has been strapped to a long backboard. Gustavsen said any time someone suffers a back injury, paramedics are supposed to put them on a backboard. Depending on where a person has fallen, or is injured, it can be a

## Get to know Hans Gustavsen

Age: 46

Hometown: Born in New Brunswick, N.J.

Current residence: Lived in the Mundelein and Round Lake Area for 14 years

Job: Serves as a lieutenant at the Elk Grove Village Fire Department, where he has worked for 17 years

Family: Six-year-old daughter, Maren, and a 4-year-old son, Kaleb

tricky proposition to pick the board up and not have the patient slide down and get their arms and neck caught up in the board's straps.

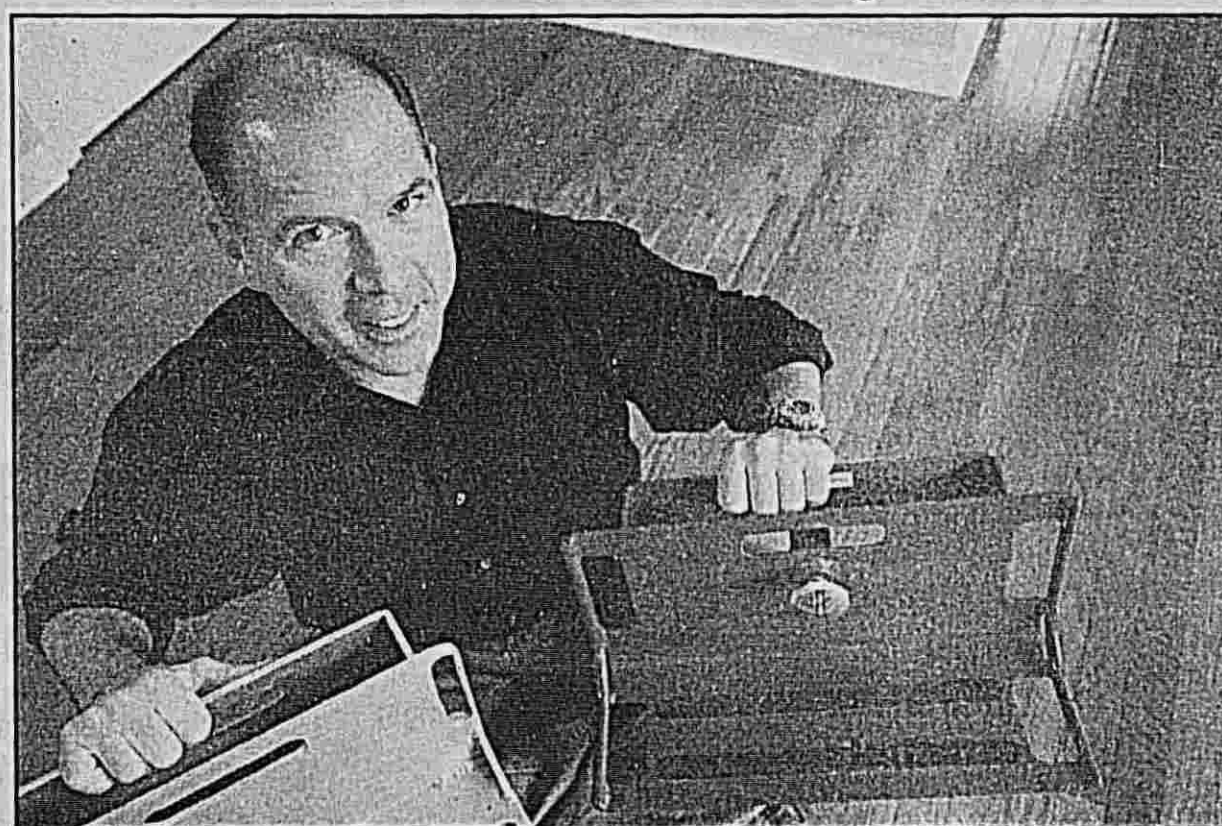
Gustavsen said once a backboard is screwed into the boot, paramedics can pick up the patient as if they were strapped onto a handcart, kind of like Dr. Hannibal Lecter was in "Silence of the Lambs."

"It fits all backboards and straps," Gustavsen said.

Gustavsen said he's had some paramedic friends try it out in the field, and feedback from doctors has been positive as well. Since the feet are supported, Gustavsen said he will not get his shirt dirty from having a patient's feet in his chest. In a factory, or a biohazard environment, Gustavsen said that can be a nasty and unsafe way to transport a patient.

The boot is a cleanly welded unit, so it can be easily cleaned off and can hold 600 pounds of stress weight, just like the backboards themselves. Gustavsen said he would like to have the boot made out of a light-weight, durable plastic, but the cost to create a mold has prevented him from pursuing that option.

"It would cost \$250,000 to engineer a



Sandy Bressner - sbressner@nwnewsgroup.com

Round Lake resident Hans Gustavsen shows the "back board boot" he invented. The invention is used by emergency rescue workers to keep patients from sliding off the backboard. Gustavsen, who is a lieutenant with the Elk Grove Village Fire Department, hopes to be selected for the PBS reality show "Everyday Edisons."

plastic mold," he said.

Gustavsen said he hopes "Everyday Edisons" will give the boot exposure to a buyer or investor. He'd like to sell the invention outright, or partner with an investor and get royalties.

"My intent, at this point, is not to go into personal manufacturing," he said.

Gustavsen had the idea for his invention in 1987, but didn't become serious about it until the 1990s. He has invested hundreds of hours into its design, and his father has invested \$30,000 to \$40,000.

He said his two young children have been his inspiration. When pressed for a price, Gustavsen could not come up with one off the top of his head.

"I'd look at the cost of putting my two kids in college and leave a little money for me, then I'd feel successful," he said. "I'd also like to get some money back to my dad."

Professionals will be on hand at the casting call/auditions from 7 a.m. to 1 p.m. on Oct. 28 at WTTW 11, located at 5400 St. Louis Ave., in Chicago.

## Health beat

# The secret to exercising right is listening to your body

**Question:** I do not have a lot of time in my day to spend in the gym – I need to be in and out in under an hour. I also need to know how often, how long and how hard I need to exercise.

**Answer:** Do some form of exercise five to six days a week. If you are going to a gym, a workout should never be longer than for 45 minutes, unless you are an elite athlete training for a sport.

If you use your time wisely, you will get more bang for your buck with shorter workouts. It is important for you to understand that it is between workouts when you actually get stronger, as you recover from your previous workout.

Do weight training two to three times a week; take one

day off between workouts. You are actually breaking down muscle tissue during weight training, so you leave the gym weaker than when you entered.

It takes at least 48 hours for those muscles to repair themselves and become stronger before the workout. That is why strengthening the same muscle group two days in a row results in those muscles being weaker, not stronger.

If you are doing cardiovascular exercise everyday – examine your motive. Are you training for an event? Are you trying to burn fat?

If fat burning is your goal and you spend hours doing cardio, think again. You will get much better results weight training, particularly if you set up a weight circuit using large muscle groups and moving

quickly between exercises.

Weight training increases your metabolism, so you burn more calories. Circuit-style training done correctly also will exercise your heart.

Here is an example of a circuit: dumbbell squats, push-ups (feet on Swiss Ball), good mornings and bent-over row. If you want to do cardiovascular exercise on alternate days, do high intensity cardio – no longer than 30 minutes.

How hard you exercise depends on your health and overall fitness level. If you jump out of bed in the morning full of energy, and you do not require coffee to get you through the day, exercise hard and at high intensities. This will increase your fitness and well-being more effectively than low intensity workouts.

If you have health concerns, or you are dragging yourself through the day, exercising hard is a bad idea. You want to train, not drain yourself. After exercising, you should feel energized.

If you feel like crawling into bed, the workout was too hard.

And, remember to stretch! Stretching decreases compressive forces in your body

and can do a lot to reduce pain. Stretching needs to be done at least five days a week to get good results.

Stretch the tight muscles

rather than the loose ones. You can do your stretching at home.

If all this is still confusing, or you need help strategizing a fitness plan for yourself, find a C.H.E.K Practitioner in your area. A C.H.E.K Practitioner has been trained to develop an individualized fitness and stretching program based on an in-depth assessment.

If you belong to a health club, find a qualified personal trainer for help to develop a personalized fitness plan. Consult your doctor before starting an exercise program.

• Linda DeFever is the owner of Vitality Inc., Where Exercise and Nutrition Meet in Balance at Serenity Health Resources in Wauconda. To have your health and fitness questions answered, e-mail DeFever at ocfever01@yahoo.com.



Linda DeFever



Pam and George Singleton review "Catch a Fire," a film based on the true-life story of freedom fighter Patrick Chamusso.  
—(see page C4)



# 'The Professional Chef' helps new cooks

By TOM WITOM  
thomaswitom@yahoo.com

Few home cooks are likely to turn pro, but that shouldn't stop amateur chefs from learning some of the techniques and tricks of the cooking trade.

A hefty new volume, the eighth edition of "The Professional Chef: The Culinary Institute of America" (Wiley, 2006), can represent a solid addition to any serious cook's library.

The book provides a solid grounding on basic stocks, sauces and styles of food preparation — grilling, broiling, sauteing, deep frying, steaming and braising. There are master recipes for various breads and cakes, custards and dessert fillings.

Two handy — and tasty — recipes culled from the 1,216-page reference book are in-

cluded here: Potato Galettes and Wilted Spinach Salad with Warm Bacon Vinaigrette.

The book's international approach is evident, as ingredients are presented both by weight and volume.

## Potato Galettes (Galette de Pommes de Tere Alsacienne) (Makes 10 servings)

### Ingredients:

2 pounds 8 ounces/1.13 kilograms russet potatoes  
8 ounces/227 grams coarsely grated onions, with extra liquid squeezed out  
1 tablespoon/9 grams crushed garlic  
2 tablespoons/6 grams chopped parsley  
2 tablespoons/7 grams sliced chives

3 eggs, lightly beaten  
1 tablespoon/7 grams all-purpose flour  
Salt, as needed  
Ground black pepper, as needed  
8 fluid ounces/240 milliliters vegetable oil

### Directions:

Scrub, peel and coarsely grate the potatoes. Combine them with the onions, garlic, parsley, chives, eggs and flour. Season with salt and pepper.

Heat 1 1/2 fluid ounces of oil in a large skillet over medium heat. Add a spoonful of the potato mixture to the pan, and flatten with a spoon to form a galette (2 to 3 inches in diameter).

Cook until golden on one side, then turn to brown the other side, about 6 minutes on each side.

Drain on absorbent paper towels, cut into servings and serve immediately.

## Wilted Spinach Salad with Warm Bacon Vinaigrette (Makes 10 servings)

### Ingredients:

8 ounces/227 grams diced bacon  
1 and 1/2 ounces/43 grams minced shallots  
2 teaspoons/6 grams minced garlic  
4 ounces/113 grams brown sugar  
3 fluid ounces/90 milliliters cider vinegar  
5 to 6 fluid ounces/150 to 180 milliliters vegetable oil  
Salt, as needed  
Cracked black peppercorns, as needed  
1 pound 8 ounces/680 grams spinach

5 hard-cooked eggs, small dice  
6 ounces/170 grams sliced mushrooms  
3 ounces/85 grams thinly sliced red onions  
4 ounces/113 grams croutons

### Directions:

To make the vinaigrette, render the bacon over medium to low heat. When the bacon is crisp, remove it from the pan, drain and reserve.

Add the shallots and garlic to the bacon fat and sweat until soft. Blend in the sugar. Remove the pan from the heat. Whisk in the vinegar and oil. Season with salt and pepper.

Toss the spinach with the eggs, mushrooms, onions, croutons and reserved bacon.

Add the warm vinaigrette, toss once and serve immediately.

# Flavorful teas take place of coffee as new favorite

Premium teas are edging out java for status in brewed beverages.

It doesn't take reading tea leaves to reveal that tea connoisseurs are emerging everywhere. Tea's rising popularity has inspired specialty tea shops across the country and tea-making accessories have become a chic new gift category.

The growing club of tea connoisseurs are eager to enjoy exotic, premium teas at home. Many specialty teas have been available only through exclusive online shopping sites at luxury prices.

Lipton, the world leader in tea, is offering specialty crafted tea blends, custom-created by the tea masters at Lipton's Royal Estates.

Each unique blend offers sweet aromas as the box is opened and as the tea steeps. Green Tea with Mandarin Orange, White Tea with Island Mango and Peach, Red Tea with

Harvest Strawberry and Passionfruit, Bavarian Wild Berry, Vanilla Caramel Truffle and Black Pearl are the first premium, long-leaf teas in pyramid bags to be offered in retail stores nationwide.

An elegant, pyramid shaped tea bag allows the long-leaf tea and real pieces of fruit optimum room to infuse for greater aroma, color and taste. Tea enthusiasts can enjoy a refined tea drinking experience without the inconvenience of special infusers often used for steeping exclusive loose-leaf teas.

Beyond brewing a luxurious cup of hot tea, these new premium teas in elegant pyramid tea bags deliver culinary inspiration for even more creative beverages.

Indulge in the pleasure of these fine teas by trying these exciting uptown recipes.

For more fresh tea recipes, go to [www.lipton.com](http://www.lipton.com).

## Bavarian Wild Berry Cosmopolitan (Serves 2)

### Ingredients:

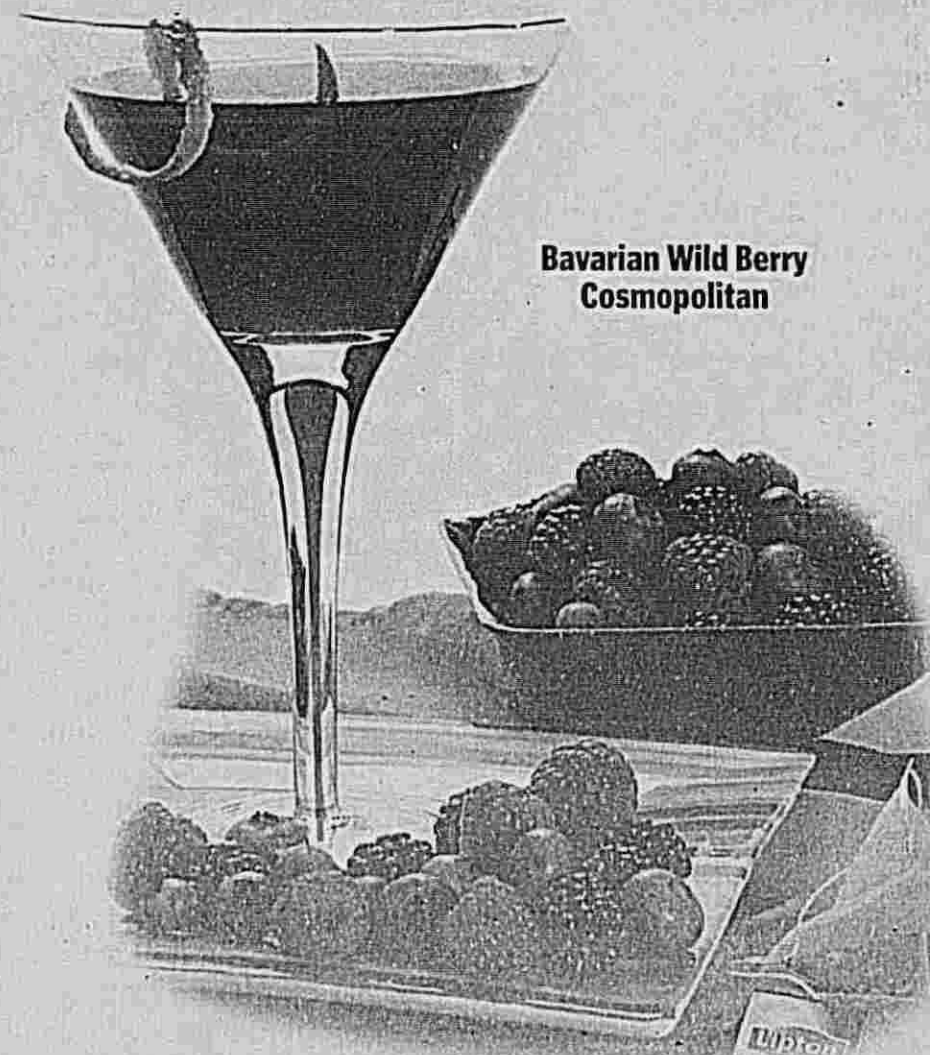
1 cup boiling water  
3 Lipton Pyramid Bavarian Wild Berry tea bags  
2 tablespoons sugar  
2 tablespoons pomegranate juice  
2 tablespoons vodka  
1 tablespoon lime juice  
1 tablespoon orange liqueur

### Directions:

Pour boiling water over pyramid tea bags, cover and brew 5 minutes. Remove pyramid tea bags, then stir in sugar; chill.

In shaker filled with ice, combine tea with remaining ingredients. Shake well, then strain into chilled martini glasses.

Garnish, if desired, with a lime curl and blackberries. Serve, and enjoy!





● To Do

**Haunted Harvest**

The Haunted Harvest of Lambs Farm is a spooky celebration, full of fun and adventure. The second annual event will take place from 6 to 10 p.m. on Oct. 28.

The farm's Graveyard Golf offers miniature golf among tombstones. The CreatureWalk leads visitors through the farmyard along a path lighted by luminaries. The Enchanted Carousel, Train of Terror, Pumpkin Patch and Couldren Cafe also will be available for attendees. Admission is \$15 for an all-night pass.

Individual attraction tickets can be purchased as well. Lambs Farm is located at the intersection of I-94 and Route 176, in Libertyville.

For more information, call (847) 362-4636, or visit [www.lambs-farm.org](http://www.lambs-farm.org).

**Haunted house**

The St. Matthew Haunted House, which started 15 years ago, is a 14-room production with more than 3,000 square feet of terror. The house has become high-tech, with the introduction of pneumatics, electronics, computerization and animation. The rooms have been disguised with special effects and illusions that will confuse, startle and amaze all who pass through the house.

Admission is \$10. The house is open from 7 to 11 p.m. on Oct. 27 and 28. A Kiddie House also will be open during those times. Admission is \$5.

St. Matthew Haunted House is located on Old McHenry Road, between Quentin and Midlothian roads, in Hawthorn Woods.

For more information, call (847) 438-7709, or visit [www.stmatts.net/haunted](http://www.stmatts.net/haunted).

**Halloween Pig Roast**

The village of Round Lake Heights will host its 11th Annual Halloween Pig Roast on Saturday, Oct. 28, at the village hall grounds, 619 W. Pontiac Court.

Festivities, including a costume and pumpkin decorating contest, will run from 5 to 9 p.m. Cost is \$6 a plate for adults and \$3 for children 12 and under. The meal consists of pork, pop or beer, corn,

potato salad or beans. Children also can get a hot dog.

For more information, contact village treasurer Maribel Carrillo at (847) 546-1206.

**Navy Fear**

Chicago's Navy Pier is hosting an array of Halloween activities this month. Children can take advantage of the Ghostly Gardens, featuring a train ride and pumpkin patch. Live monsters will be lurking around the pier, and haunted carriages and boats will be on display.

Other activities are listed on the Navy Pier Web site, [www.navypier.com](http://www.navypier.com). Visit the site, and click on "Navy Fear." Activities will take place through Oct. 31.

**Spooky Seas**

Sail the Spooky Seas on Friday, Oct. 27, at the John G. Shedd Aquarium in Chicago. This evening/overnight activity is for families with children through age 12.

Wear your best ghostly garments as the Shedd will be teaming with boo-tifully dressed guests. The evening event will take place from 6 to 10 p.m. and costs \$30. The overnight event will take place from 6 p.m. to 9 a.m. (the next day) and costs \$60.

The Shedd Aquarium is located at 1200 S. Lake Shore Drive, in Chicago. For more information, visit [www.sheddaquarium.org](http://www.sheddaquarium.org).

**Work your acting chops**

Round Lake Area Park District Community Theatre will hold auditions for its production of "Bye Bye Birdie" at 6:30 p.m. on Monday and Tuesday, Nov. 13 and 14, at the Robert W. Rolek Community Center, located at 814 Hart Road in Round Lake.

Parts are available for performers age 14 to adult.

Auditions will consist of cold readings, from the script, and singing a musical piece, which will be taught at the audition.

Those auditioning will need to attend one night of auditions, but should prepare for the possibility of attending callbacks at 6:30 p.m. on Wednesday, Nov. 15.

An optional audition workshop is scheduled from 6:30 to 7:30 p.m. on Tuesday, Nov. 7, at the Robert W. Rolek Community Center for anyone wishing to get a head start on the audition material.

For more information, call Christi Nicholson at (847) 546-8558, Ext. 231, or e-mail [cnicholson@rlapd.org](mailto:cnicholson@rlapd.org).

**Trail of Terror**

The Chicago Park District's Trails of Terror: Chicago Urban Legends will take place from 6 to 9 p.m. Oct. 26 through 28 and from 5 to 9 p.m. Oct. 29 through 31 at Peterson Park in North Village Park, 5801 N. Pulaski Road.

This year's trail crawls with some of the most memorable Chicago urban legends, such as Resurrection Mary, Bloody Mary, Bigfoot and Two-striped Telamonia Spider. Cost for the event is \$8 for those 15 and older. Those under 15 cost \$6.

For more information about Trails of Terror, call (773) 262-6157.



**Trick or Treat hours**

- Antioch, 4 to 7 p.m., Tues., Oct. 31
- Fox Lake, 3 to 7 p.m., Sun., Oct. 29
- Gurnee, 1 to 4 p.m., Sun., Oct. 29
- Grayslake, 4 to 7 p.m., Tues., Oct. 31
- Lake Villa, 5 to 8 p.m., Tues., Oct. 31
- Libertyville, 4 to 8 p.m., Tues., Oct. 31
- Lindenhurst, 4 to 7 p.m., Tues., Oct. 31
- Mundelein, 4 to 8 p.m., Tues., Oct. 31
- Round Lake Area, 1 to 5 p.m., Sun., Oct. 29
- Wauconda, 4 to 8 p.m., Tues., Oct. 31
- Waukegan, 2 to 4 p.m., Sun., Oct. 29

# BRIDAL SHOWCASE



**Wedding**

**Brett and Sara Grossman**

Brett Grossman married the love of his life Sara Bice on Sept. 23, in a private ceremony performed by Reverend Joseph Wilcox at the Country Squire in Grayslake.

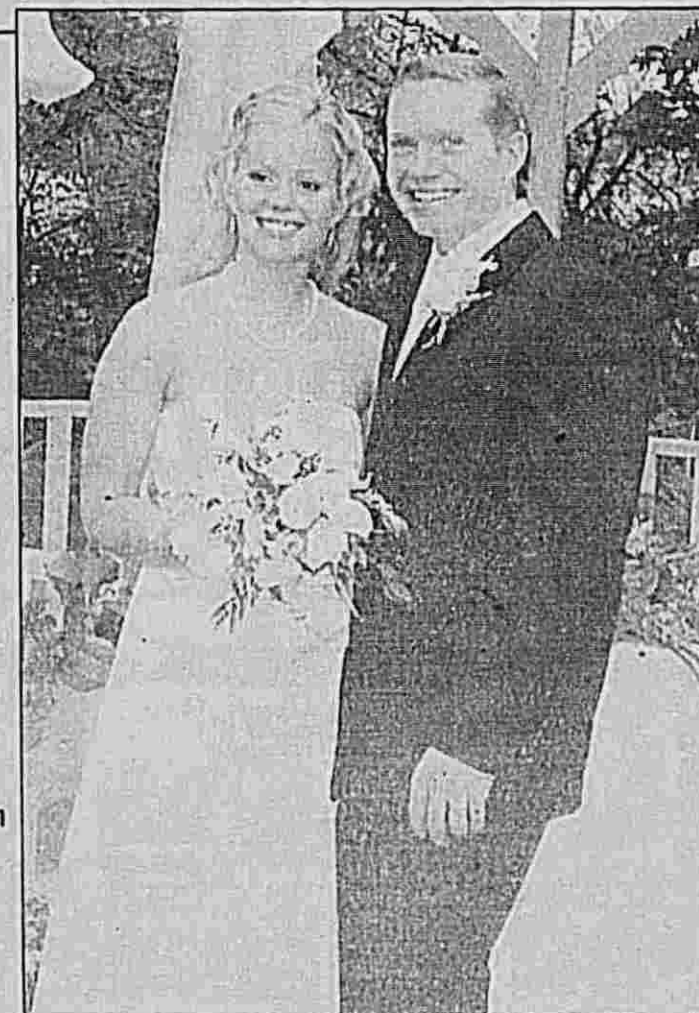
The bride is the daughter of Mike and Lucinda Bice of Essex. The groom is the son of Frank and Randi Grossman of Grayslake, and Don and Ellen Mowles of Libertyville.

The bride is a graduate of the University of Illinois, Urbana-Champaign and is employed by Abbott as an Advanced AQA Technician.

The groom is a graduate of Columbia College of Missouri and is employed by Medline Industries, Inc as a Regional Vice President - Central U.S.

The two reside in Lake Villa.

Brett and Sara Grossman





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**0.0% APR**  
FOR **60** MOS.



### NEW 2006 DODGE CARAVAN

Stk#D6029, Auto., A/C, CD, P/S, P/B, Rear Defrost, TOO MUCH TO LIST!

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OR  
**0.0% APR**  
FOR **60** MOS.



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Stk#D5127, V8, 7 Passenger, Trailer Tow, Rear Air, Pwr. Locks, Cruise, CD, P/S, P/B, LOADED! TOO MUCH TO LIST!

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CHRYSLER Jeep DODGE  
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Auto, Power Windows, Power Locks, Tilt, Cruise, Alloys, Pwr. Everything & MORE!

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NO MONEY DOWN! NO SECURITY DEPOSIT!

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**0.0% APR**  
FOR **60** MOS.



Stk#J5514

### NEW 2006 JEEP COMMANDER

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OR  
**0.0% APR**  
FOR **60** MOS.



Stk#J6197

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**0.0% APR**  
FOR **60** MOS.

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FOR **60** MOS.



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# SUDOKU

# CROSSWORD

VERY EASY

		5			3		6	
3	4			8	2		9	
			1	7				2
9	6		7		4	5		
	2	1				9	4	
		8	9		1		2	3
6				1	9			
	8		2	5			7	4
	3		8			6		

EASY

4		2	1		6	8		9
		5				2		
8								3
	6	4		8		5	1	
			4		5			
	5	7		2		4	3	
5								1
		8				3		
1	9	8		7	6		5	

MEDIUM

9				6				1
2	1	4				3	6	9
	3		7		4		1	
	5			9			3	
	2		5		3		7	
7	9	3				2	4	5
6				5				3

HARD

				9				
				7	2		4	
	7	8	2					5
3				1		9		
		5	7		4	6		
	6		8					3
4					5	7	8	
8		9	4					
			1					

## SUDOKU SOLUTIONS

6	1	9	7	4	8	2	5	3
7	2	3	9	5	6	4	1	8
4	5	8	6	1	3	9	7	2
3	2	7	1	9	8	5	4	6
8	4	5	6	2	7	1	3	9
9	6	3	2	7	4	5	8	1
2	8	1	4	3	9	6	5	7
5	9	4	8	6	3	7	2	1
1	3	6	5	2	4	8	9	7

VERY EASY

5	9	6	7	8	3	2	1	4
2	6	4	1	9	5	7	3	8
8	3	7	2	1	4	5	6	9
9	4	5	6	3	2	1	8	7
7	1	8	9	5	4	3	6	2
3	8	1	4	7	5	6	2	9
6	5	2	7	3	9	8	1	4
1	7	9	8	6	3	5	4	2
4	2	3	5	7	1	9	8	6

EASY

7	8	6	3	2	1	4	5	9
3	6	1	2	5	4	7	8	9
5	4	2	1	8	9	6	3	7
4	7	9	8	5	6	3	2	1
2	9	5	4	7	1	6	8	3
8	3	9	6	1	2	7	5	4
9	1	5	2	7	4	3	6	8
6	9	8	7	4	3	1	5	2
1	5	4	2	9	6	8	7	3

MEDIUM

6	4	8	2	1	7	5	9	3
1	9	5	7	4	6	2	8	3
2	8	7	5	9	6	1	3	4
8	9	1	2	6	4	7	3	5
7	2	9	4	5	1	3	6	8
3	6	4	1	9	8	2	5	7
5	7	3	6	8	2	4	1	9
4	1	6	3	5	7	9	8	2
9	3	2	8	7	1	5	4	6

HARD

## ACROSS

- Uncovered
- Secret
- Radiotelegraphic signals
- Phil \_\_\_\_, former CIA
- Ancient Greek
- Stock purchase plan
- See 59 across
- Backwardnesses
- Debilitated
- Not just "play"
- Description
- Ropes
- As the crow flies
- Purgatives
- Be in pain
- Type of copier
- Most unusual
- American state
- Shoshonean
- Cicatrix
- Weather and wind
- Bourgeois
- Bryophytes
- Paddles
- Mythological bird
- Alter
- Continually complaining
- Coincides with 17 across
- Buffalo
- Grape

- Hebrew calendar month
- Program
- Cubes
- Rail

## DOWN

- Italian seaport
- Developed
- \_\_\_\_ Strauss, jeans maker
- Showing
- Playoff
- Polish river
- Ancient Olympic Site
- Own (Scottish)
- Kilocalorie, abbr.
- Determine
- Arthur \_\_\_\_, Wimbledon champion
- Worked the soil
- Nimble
- Other side
- Selfish person
- More timid
- Inquiry
- Alarm
- Winged
- More sensitive
- Center
- Anwar \_\_\_\_, Egyptian statesman

1	2	3	4	5	6	7	8	9	10	11	12	13
14												
17												
20												
25	26	27	28									
33												
36												
41												
45												
51	52	53										
59												
62												
65												

- Linda \_\_\_\_, actress
- Geology
- Hairstyle
- Despot
- Shorebird
- No longer is
- Central nervous system, (abbr.)
- Ballroom dances
- Pilgrim's journey
- Robert \_\_\_\_, American revolutionary
- European river
- Kwa
- Belonging to me
- Enough (archaic)
- Invests in little enterprises
- Expression of relief
- Unemployed
- Algonquian tribe
- Type genus of the Hylidae
- Radioactivity unit
- \_\_\_\_ fi (abbr.)

1	2	3	4	5	6	7	8	9	10	11	12	13
14												
17												
20												
25	26	27	28									
33												
36												
41												
45												
51	52	53										
59												
62												
65												

Puzzle Solution

## Horoscope

### SCORPIO – Oct 24/Nov 22

This week, it is best to pay attention to others. You have been obsessing about an issue that's taken up much of your time.

### SAGITTARIUS – Nov 23/Dec 21

Your search for a better way of life may be coming to an end this week. Just what changes are in store? It's all up to you, Sagittarius.

### CAPRICORN – Dec 22/Jan 20

Clients and associates who depend upon you are once again rewarded by your hard work, Capricorn.

### AQUARIUS – Jan 21/Feb 18

Throw caution to the wind and make a daring change this week, Aquarius.

### PISCES – Feb 19/Mar 20

People would rather be reminded about

their attributes than their vices, Pisces, so watch what you say.

### ARIES – Mar 21/Apr 20

Use caution this week, Aries, because you are spreading yourself too thin.

### TAURUS – Apr 21/May 21

An associate offers to help you out with an important project, Taurus. Don't be afraid to accept a helping hand.

### GEMINI – May 22/June 21

A close friend could use a laugh this week, Gemini, so make the most of the situation to cheer up this person.

### CANCER – June 22/July 22

You had planned on being in control at work this week, but it might not happen.

### LEO – July 23/Aug 23

If you are planning a party, now is the

time to send out those invitations.

### VIRGO – Aug 24/Sept 22

Rethink and talk about your relationship. Your romantic partner is ready to make a change toward improvement.

### LIBRA – Sept 23/Oct 23

This week is looking more like the positive one you had in mind, Libra. Show love to those who agree with you.



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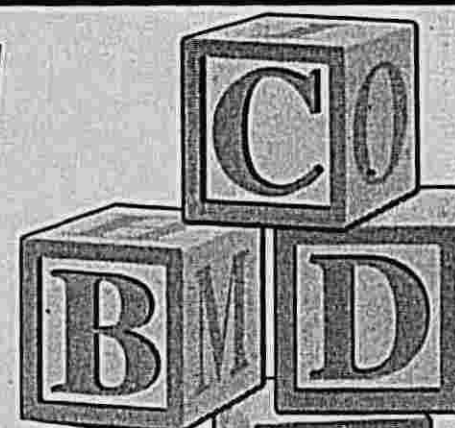
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Monday 10-9



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purchase  
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payments  
required.  
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for details.

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Years!

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• Dresser & Mirror  
• Door Chest

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NIGHTSTAND**  
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this bedroom

The timeless beauty of this  
bold group invites you to  
relax in style. In oak and  
oak veneers.

Visit Our Discount Sleep Shop. We Have A Great  
Selection of Bedrooms on Display. All Discount Priced.

Total's  
Everyday  
Low Price

**\$1299****Five Piece Contemporary Leather Theater Seating Group**

0% For  
Two Long  
Years!

**FREE  
Storage Ottoman**  
with the purchase of this 5 Piece  
Theater Seating Group

A  
**\$259<sup>95</sup>**  
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**Bonus  
Buy!**

**Hurry! Limited Offer!**

Functional theater seating is here! This five piece group includes  
2 one arm recliners, 2 storage consoles with cup holders and an  
armless loveseat. Featuring leather seating everywhere the body  
touches with high back comfort. Enjoy the touch and feel of  
leather. In your choice of black or brown. While they last.

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Plus A **FREE Ottoman**

Total's  
Everyday  
Low Price

**\$1399****Hot  
Buy!****Medium Firm Set**

Simmons

Crib  
Mattresses  
Available  
starting at  
\$69

SAVE  
\$100

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Two Long  
Years!

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2 Pc. Set  
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Shouldn't you sleep on a better sleep set?

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BRAND  
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Great Selection of Room Groups  
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**Package Power!**

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comfort. In a soft microfiber with wood  
trim front panels. Includes matching  
cocktail and two end tables.

0% For  
Two Long  
Years!

• Sofa  
• Loveseat  
• Two End Tables  
• Cocktail Table

Total's Everyday Low Price

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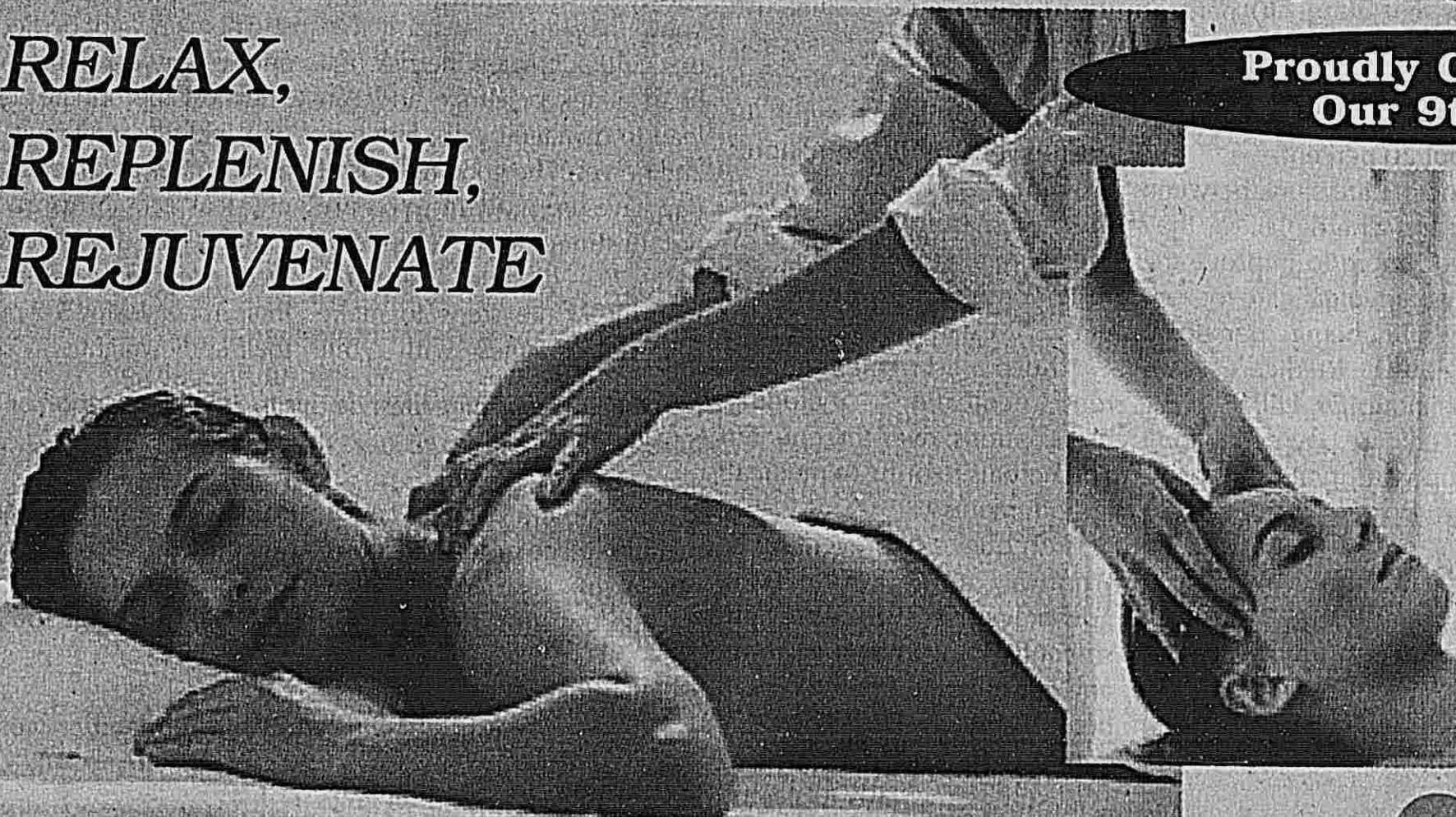
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**\$99.99**

**Day at the Spa**

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European Facial  
Manicure and Pedicure**

**ALL CLIENTS WELCOME**

Not valid with any other offers or prior services.  
With coupon only. Expires 11.23.06

*Heavenly Massage & Spa™*



# Helping seniors stay active and healthy

What a difference a few decades make. Today's seniors are living longer, healthier lives than their parents did.

According to the Centers for Disease Control and Prevention (CDC), the average life expectancy in America is now 77.9 years - the highest it has ever been. Back in the 1940s when today's retirees were born it was 62.9. When their parents were born around the turn of the century it was more like 50.

So what has changed? The introduction of new drugs and vaccines, improvements in living standards and advances in health care. There were 50,000 fewer U.S. deaths in 2004, the biggest single-year drop in mortality since the 1930s, with the largest reductions due to improvements in treating heart disease, cancer and stroke.

"We're doing more than ever before to help keep sen-

iors healthy, including cancer screenings, managing multiple medications and providing counseling on ways to stay healthy, like how to quit smoking," says Dr. J. Edward Hill of the American Medical Association.

But seniors are in danger of losing wide-spread access to physicians because of drastic Medicare cuts. The Medicare Trustees Report, released earlier this year, projects that payments to Medicare physicians will be cut about 40 percent over the next nine years. At the same time, the government projects practice cost increases of about 20 percent.

"Doctors are stuck between a rock and a hard place as they try to do more to improve the quality of medical care for seniors while being penalized with lower Medicare payments," notes Dr. Hill.

If Medicare payments don't keep up with increasing prac-

tice costs, doctors will be forced to make difficult decisions. Nearly half of the physicians polled in a recent survey say that next year's cut will force them to either decrease or stop seeing new Medicare patients. This is frightening news for the seniors who rely on Medicare now for health care, and for the baby boomers who will begin to age into Medicare in just five years.

"Seniors want to enjoy their retirement, and they're turning to physicians for advice on how to stay healthy," says Dr. Hill. "I love my senior patients, but it will be difficult for doctors to care for the nation's growing elderly population if the government keeps cutting Medicare payments."

For optimal health, Dr. Hill of the AMA advises seniors to:

- \* Keep a list of all your current medications, including prescriptions, over-the-counter and herbals to bring to medical appointments.

- \* An ounce of prevention is worth a pound of cure: Take advantage of preventive health screenings for vision, hearing and early screenings for diabetes, heart disease and cancer.

- \* Exercise regularly to stay fit and reduce arthritis pain and disability.

- \* Create a "living will" so your health care wishes are known if you can't speak for yourself.

- \* Talk to your doctor about safe driving skills.

- \* Quit smoking.

- \* Get an annual flu shot.

- \* Tell your members of Congress to preserve seniors' access to physicians by stopping Medicare physician payment cuts.

For more information on what's being done, log on to [www.patientsactionnetwork.org](http://www.patientsactionnetwork.org) or call your member of Congress at (888) 434-6200.

# Pre-diabetes: Are you at risk?

By Toby Smithson,  
RD, LDN

Nearly 41 million Americans may be on the road to developing diabetes and most don't even know it. They have a condition called pre-diabetes, which means their blood sugar levels are higher than normal, but not yet high enough to be diagnosed as diabetes. Many people with pre-diabetes go on to develop type 2 diabetes, the most common form of diabetes in adults.

Pre diabetes is especially risky because people don't know they have it- and it dramatically increases the risk of a heart attack or stroke and can lead to damaged eyes, kidneys, and nerves. The good news is: if you have pre-diabetes, you are not destined to develop diabetes. Pre-diabetes is a warning sign. Take steps to make lifestyle changes with your

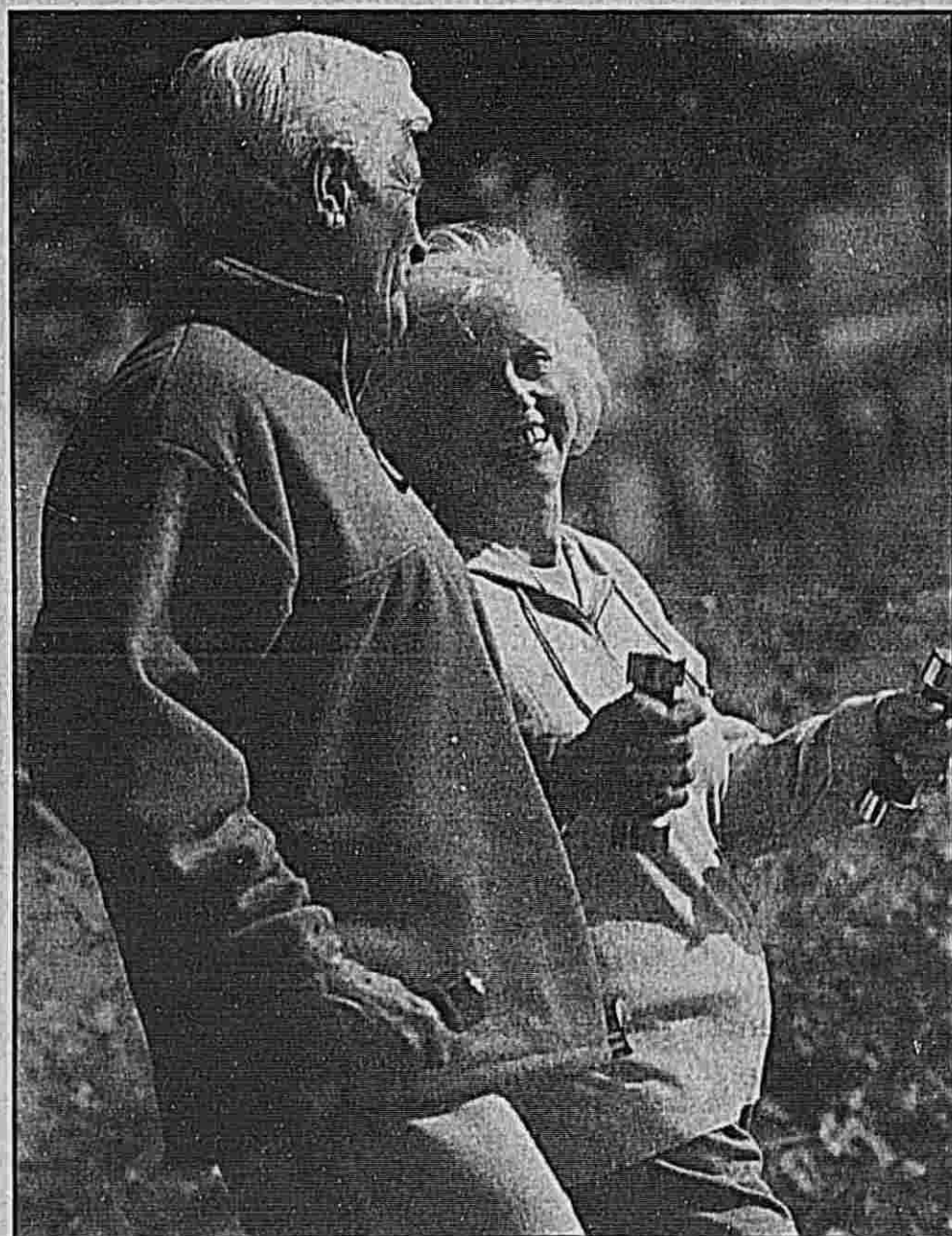
diet and increase your physical activity. This can help delay or even prevent pre-diabetes from progressing to type 2 diabetes..

Are you at risk? People who are at risk are usually 45 years of age or older and are overweight. Having high blood pressure or a relative with type 2 diabetes or heart disease or belonging to a higher risk ethnic group which includes African Americans, Latinos and Asian Americans, will put you at an even greater risk for pre-diabetes.

There are a lot of diet choices and weight loss plans available. The most appropriate plan is one that includes reducing both fat and calories and increasing your physical activity to at least 30 minutes per day, five days per week. People at risk can lower their risk by losing 5-7 percent of their body weight.

Listed below are some lifestyle tips to aid in prevention or delay of type 2 diabetes:

- Eat a variety of fruits and vegetables. A serving is equal to a medium piece of fruit; 1/4cup of dried fruit; 1 cup of leafy or raw vegetables; or 1/2 of cooked vegetables
- Choose water as your beverage instead of regular soda or fruit juice
- Grill or bake your food instead of frying
- Fill your plate mostly with vegetables, instead of mostly with meat
- For your dessert, choose fruit
- Choose high-fiber foods like dried beans, peas and lentils; brown rice; whole wheat bread; whole wheat pastas; fruits and vegetables



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\*Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. A Miracle-Ear representative can determine if the ME950 Open may be right for you.

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How does this work? Sign up for an Easy Gourmet Meals' session. Join them at your scheduled session time for a fun way to prepare fresh, home cooked, personalized meals. Bring along some friends or make new ones while relaxing and socializing in our living room. Enjoy complimentary beverages, and appetizers.

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# Most parents unaware of new CDC flu vaccination guidelines for children

From costumes to candy, a parent's to-do list may be the scariest thing about October - but getting your children vaccinated against the flu is one to-do that many parents may not realize is a must-do.

In fact, an overwhelming majority - 84 percent - of parents are unaware of the Centers for Disease Control and Prevention's (CDC) new influenza vaccination recommendation for healthy children, according to a recent survey conducted by Families Fighting Flu, a non-profit organization of parents who have lost children to the flu.

This flu season, for the first time, the CDC recommends all healthy children 6 months to 5 years old get vaccinated against the flu. This is an expansion from previous CDC recommendations of children 2 years old and younger.

"Children are two to three times more likely to develop

the flu than adults, because their immune systems are not yet fully developed," said Richard Kanowitz, president of Families Fighting Flu. "That is why it is so important that parents educate themselves about flu prevention, and take the steps needed to help protect their children from the flu virus."

## Say "Boo!" to the Flu

Families Fighting Flu, many Visiting Nurse Associations (VNA) and The Clorox Company have teamed up to Say "Boo!" to the Flu, with a new program to help families learn about the importance of flu vaccination and to teach other tips to help scare away cold and flu viruses.

## Flu symptoms

Influenza, or "the flu," is an easy-to-spread viral infection. The symptoms include high fever, chills, cough, aches and fatigue. A simple cough or

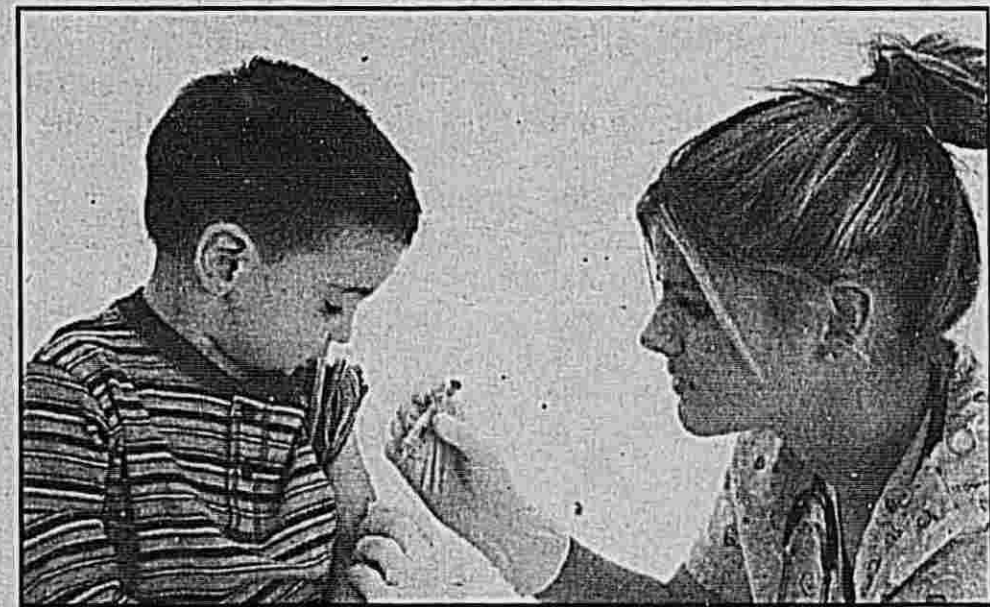
sneeze can spread the flu virus from person to person. The flu virus can live on household surfaces too and can spread when a person touches a surface, like a toy, with the virus on it then touches their mouth or nose.

## Prevention tips

Flu season usually occurs from November to March, so it is important to get your family vaccinated in October and November - before flu season peaks - for vaccinations to be most effective.

Once your child is vaccinated, it is still important to take the following steps to help prevent the spread of the flu virus at home and beyond:

- Sing & Scrub: Make sure kids wash their hands the right way. They should wash frequently with warm water and soap for at least 20 seconds (the time it takes to sing the "Happy Birthday" song twice).



Everyone should make it a point to get a flu shot this year.

- Do the Elbow Cough: Teach kids to cough into elbows, not hands where they're more likely to spread bacteria and viruses through touch.

- Disinfect Hot Spots: Kids can touch up to 300 surfaces in 30 minutes, so be sure to disinfect the surfaces kids touch most frequently - like door-knobs, light switches, faucets or toys. Use a disinfectant approved to kill cold and flu

viruses.

- Follow Good Health Guidelines: Eat right, exercise and get plenty of sleep to help boost your body's ability to fight the effects of colds and flu.

For more information on the flu and helping prevent the spread of the flu virus, or to find a vaccination event in your area, go to: [www.say-boototheflu.com](http://www.say-boototheflu.com).

# Get the skinny on eating disorders

The subject of eating disorders has once again become a topic of conversation, due in part to actress Mary-Kate Olsen's admission that she suffers from a disorder and her subsequent entrance into a rehabilitation clinic. Other stars, including Christina Ricci, Jamie-Lynn DiScala, and Tracy Gold of "Growing Pains" fame, have battled eating disorders as well.

"Western society has placed demands on women to stay thin," says Jeanne Rust, executive director of Mirasol, an eating disorder clinic in Tucson, Arizona. The pressure is even more intense in Hollywood.

However, it's not just Hollywood stars who succumb to eating disorders. Many people across the country, typically teenage and college girls, battle with weight issues and

fall prey to unhealthy habits.

## Anorexia and Bulimia

The two main types of eating disorders are anorexia nervosa and bulimia nervosa. Anorexia is marked by avoiding high-calorie foods, starvation and extreme exercise regimens. Anorexics see themselves as overweight, even when they are actually quite thin. Those with bulimia engage in episodes of binge eating followed by unorthodox and unhealthy methods of weight control, including purging, fasting, using enemas, excessively using laxatives and diuretics, or compulsively exercising. Generally anorexics lose more weight than bulimics because they take in fewer calories.

Typically, those suffering from anorexia are overachievers.

They are good students, hard workers and view their success as a marker of self-worth. They see weight gain as a sign of failure and something they need to "fix" and control. Bulimics have a warped self-image as well, but put more emphasis on dissatisfaction with their body and body shape. Usually individuals suffering from bulimia have low self-esteem, feelings of helplessness and a fear of becoming fat.

## Body damage

Starvation and purging can be traumatic to the body. Anorexics have dry skin and thinning hair on their heads. Girls may never experience menstrual periods, but if they do, they tend to be erratic. They may feel cold all the time, and they may get sick

often. Ultimately starvation can strain the body and an anorexic can die from complications of the disorder.

Bulimics suffer a host of medical ailments as well, mainly to their gastrointestinal system. They may experience ruptures of the stomach and esophagus, ulcers and abnormal fluid buildup in the intestines. In addition, repeated vomiting can lead to tooth decay and loss due to the teeth coming in constant contact with digestive fluids.

## Treatment

The first step in treatment of these disorders is recognizing that there is a problem. There is no shame in admitting you suffer from an eating disorder and possess the desire to do something about it. However, many who are anorexic or bulimic fail to admit that a problem exists. It is then up to friends and family members to help these individuals seek help. Often, when diagnosed early on, an eating disorder can be treated and eliminated.





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"For seniors looking for a spacious home, we have beautiful two- and three-bedroom prairie-style garden homes that feature private patios and attached garages," said Mary Riggs, executive director for The Village at Victory Lakes. "Our roomy one- and two-bedroom independent living apartments feature a full kitchen and individual climate control. Also, our residents enjoy full-course meals in our elegant dining room."

Riggs said residents who live at Victory Lakes are able to enjoy "a maintenance-free lifestyle."

"Residents can take advantage of our many activities while not having to worry about yard work in the summer or snow shoveling in the winter," she said. "Our full range of services is geared towards helping seniors experience the fullness of life."

Looking to further the mission and vision of the Franciscan Sisters of Chicago to provide high quality senior services, Franciscan Communities acquired The Village at Victory Lakes last summer.

Franciscan Communities, which is sponsored by the Franciscan Sisters of Chicago and is a division of the Franciscan Sisters of Chicago Service Corporation, currently operates 16 senior living communities in Indiana, Kentucky, Texas, Ohio and Illinois. Franciscan Communities also provides home and community-based health services in Indiana and a shelter for

women and their children who are survivors of domestic violence in Indiana. Offering independent and assisted living, skilled nursing and Alzheimer's care, Franciscan Communities was ranked as the 6th fastest growing senior

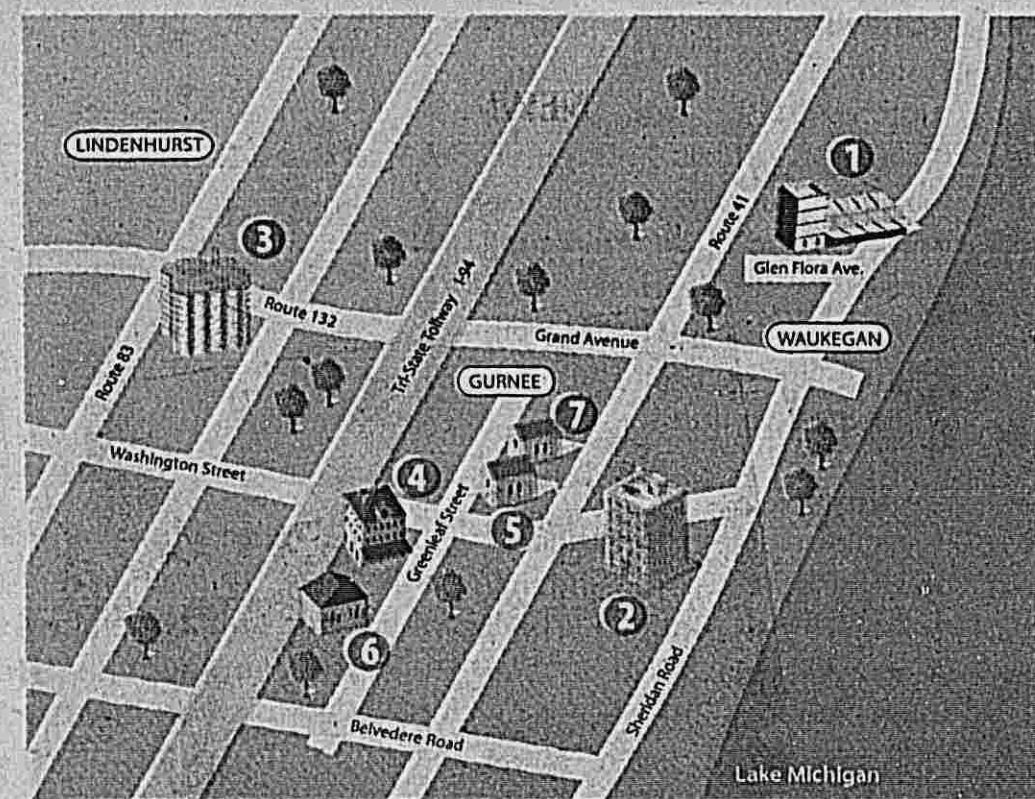
health and housing system in the nation in 2005.

For more information, please call (847) 356-4666.



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# Avoiding the travel bug nobody wants

Travelers love to bring home lasting memories of their trips, but the flu isn't one of them. Getting sick far away from the comforts of home can ruin an entire vacation or business trip. Since travel often requires close contact with a large number of people, commuters are more susceptible to germs and flu than ever before.

"Confined to smaller spaces, breathing recycled air, and touching more common surfaces, travelers have increased risk of infection," said Dr. Robert Schiller, chairman of Family Medicine at Beth Israel Medical Center in New York City.

"The proximity of passengers and high occupancy in airplanes, buses, trains and even cruise ships increases the chance of coming into contact with someone with the flu. The anxiety of traveling, lack of exercise and sleep, and limited food choices associated with travel can take a toll on your

health."

Since flu is often transmitted hand-to-hand, travelers should wash their hands often and avoid rubbing their eyes or nose. Schiller also advises travelers to avoid putting their faces directly on airline-supplied pillows or blankets that haven't been cleaned. Another general rule for air passengers is to drink at least 4 to 8 ounces of water for every hour of flight time, which keeps the body hydrated and lessens the chance of catching a virus.

For those unfortunate enough to get sick while traveling, many doctors recommend homeopathic medicine to combat the first signs of flu and symptoms like fever, chills, body aches and pains.

"I recommend homeopathic medicines like Oscillococcinum as a first course of treatment for everyone — from children age two and older to seniors," said Schiller. "In general, homeopathic medicines are free of side



There are many things one can do to avoid the bug during traveling.

effects and don't interact with other drugs.

They don't mask symptoms so parents and doctors can detect and respond faster if a more serious condition should arise."

Since homeopathic medi-

cines can also be used in conjunction with other medications, they are safe for special-needs travelers like seniors and high-risk patients with heart disease or liver problems.

"Travel should be an enjoy-

able, stress-free experience for all involved," Schiller said. "Those who take to the roads, rails and skies should take any precautions they can to ensure they are healthy enough to enjoy their time away."

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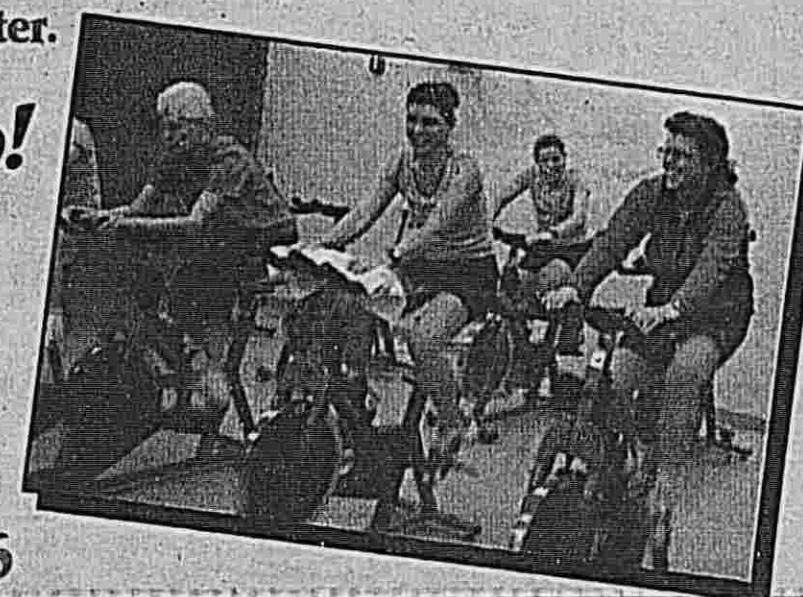


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Lilac Apartments at 3 Lilac Avenue has been a part of Fox Lake for 14 years and is conveniently located within walking distance of restaurants, banking, shopping, professional services and a ten-screen movie theater. Metra and Pace public transportation are available as well as, the Village of Fox Lake free shuttle service that can be used locally by

senior citizens. All 105 units are handicap accessible. Seniors have a choice of spacious one and two bedroom styles. Common areas feature two large lounges, each with a fireplace. Laundry facilities, a craft room, card and game rooms and a sundeck are also provided. Organized activities within the community and planned outings are on-going.

Lilac Apartments qualify for the federal affordable housing tax credit program which makes the housing affordable to seniors. For more information please call Brandi at 847-587-8830 or visit the web at [www.lilacapt.com](http://www.lilacapt.com).

## Helping the Baby Boomers

Linda S. Remensnyder, Board Certified Doctor of Audiology, established her practice, Hearing Associates, P.C., in 1980. The doctor specializes in solutions for better hearing, including the diagnosis and treatment of hearing loss for everyone from infants to the elderly. Her passion is to help Baby Boomers hear more clearly in noisy environment. The new Delta, a Personal Hearing Device, incorporates Artificial Intelligence with voice finding technology and noise suppression, to maximize the Baby Boomer's hearing clarity. It provides a subtle boost that Baby Boomers need to retain their edge. Dr. Remensnyder even offers Aural Rehabilitation Classes, and has a variety of assistive listening devices, on display in both her Libertyville and Gurnee offices.

## America's most and least stressful cities

It's hard to find anyone without stress these days. For some people, stress is caused by their job. For others, it's their financial situation. And for some, it's where they live. Sperlings' BestPlaces recently ranked the most and least stressful cities in America. See where your hometown falls on the list.



### TOP FIVE MOST STRESSFUL CITIES

Tacoma, Washington  
Miami, Florida  
New Orleans, Louisiana  
Las Vegas, Nevada  
New York, New York

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# Make healthy eating a pregnancy priority

Once you find out you are pregnant, there are many changes that you must make to your lifestyle. It is important to make the care of your growing baby a priority -- this small person is relying on you as his lifeline. This includes stopping the consumption of harmful substances, such as alcohol, cigarettes and drugs (prescription, over-the-counter or illegal) during the duration of your pregnancy term. It also means nourishing your baby with healthy foods, full of the vitamins and nutrients he needs to develop properly.

Healthy eating may seem like a no-brainer to many moms-to-be, but sometimes it isn't as easy as it seems. When contending with raging hormones, a waning appetite or crazy cravings, making sure you are eating enough of the right foods may not be high on your list of priorities. But it should be.

## Diet roadblocks

Sure, you know you're supposed to eat your vegetables and adhere to a healthy diet, but you can barely get down dry crackers and water, right? Don't worry, even though your baby is growing quickly and requires a variety of nourishment during your pregnancy, sometimes it's impossible to follow a strict pregnancy diet. Many factors affect what and how you eat in the weeks to come. Rest assured that with the help of prenatal vitamins and the fact that often these symptoms come and go quickly, it is possible to take in enough healthy foods to feed your growing wonder.

The following are some healthy diet obstacles you may face and how to overcome them:

**Morning sickness:** Many women experience morning sickness during their preg-

nancy. Better termed "all-day sickness," this feeling of queasiness or vomiting can occur any time of the day or night, and usually persists through the first trimester of your pregnancy. Morning sickness can definitely put a stop to your best-laid plans of a well-rounded diet. Even if you are able to eat and enjoy foods, they just may not stay down very long!

**Food aversions:** Maybe you loved a meal of chicken parmigiana before you were pregnant, but now the thought of the Italian delight has you running for the bathroom. Pregnancy hormones do strange things to a woman, including affecting her appetite and her choices in foods. The foods you once loved may no longer seem appealing and vice versa. If certain healthy foods repulse you, look for other tolerable options.

**Food cravings:** You've heard of women eating pickles and ice cream while pregnant, right? No matter how strange this food combination may seem, cravings are quite common during pregnancy, but may not always be this extreme. You may feel a certain affinity to a food and you need to eat it over and over. Some experts believe a woman craves the foods her body needs most, like citrus fruits, which are good sources of vitamins and antioxidants.

Others believe that cravings lack explanation, except to be once again attributed to raging hormones. Many cravings are similar, including dairy products, carbohydrates and fruits. The key to conquering cravings is to try to substitute healthier versions. Indulge in a low-fat frozen yogurt instead of an ultra-premium ice cream. Or just eat the food you crave in moderation.

**Anything goes attitude:** Many moms-to-be adopt a phi-

losophy that they can eat as much of whatever they want when pregnant; hey, they're going to gain weight anyway. However, this attitude can be dangerous to you and your fetus. Pregnancy does not give you the "free pass" to overeat. Gaining excessive weight can tax your heart, increase your chances of getting diabetes and put a strain on your fetus as well as make it much more difficult to give birth in a natural and healthy way. Plus, it will be that much more difficult to shed those extra pounds post-delivery. Although you're "eating for two," that extra person is small and only requires about an additional 300 calories per day. Do the math -- that does not equal an entire cheesecake!

## So what should I eat?

- Following the normal dietary guidelines you are accustomed to will help you keep on track. Grain products, vegetables, fruits, protein foods, and milk and milk products will give you the nutrients you and your baby need.

- Grain products provide carbohydrates, your body's main source of energy. Choose 6 to 11 servings of whole-grain or fortified products such as whole-wheat bread, cereals, brown rice or pasta.

- Fruits and vegetables provide important vitamins and minerals, as well as fiber to aid digestion. Choose at least three vegetables and two fruits every day, including a juice or fruit rich in vitamin C, such as an orange.

- Protein foods, such as meat, fish and dried beans, are crucial for your baby's growth. Choose 3 to 4 servings per day. One serving equals 2 to 3 ounces of lean meat, poultry or fish, or one egg. If you are a vegetarian and don't eat any animal products, be sure to eat



tofu and other soy products, dried beans and nuts, as well as a variety of grains daily.

- Milk and milk products help build your baby's bones and teeth. Choose 3 to 4 servings a day of low-fat milk, yogurt or cheese, or calcium-fortified soy milk and other soy-based products if you are a vegetarian or are lactose intolerant.

- Sparingly eat sweets and fats as they can accentuate your growing waistline even further. Plus, limit your salt intake, which can cause water retention and swelling in the body.

Also, be sure to check with your doctor about the foods that should be avoided at all costs. Many will advise steering clear of processed meats, like cold cuts or hot dogs, which can contain bacteria and preservatives that can make you ill. Many seafood products are off limits because they may contain mercury or bacteria as well. Some natural foods and herbs are also on the no-can-do list. Your health-care provider can tell you more.

With a little knowledge, patience and appetite, you can feel secure that you are adequately feeding the new life growing inside of you.

## Get the right eyeglasses for your face

Most people want to put their best face forward. For eyeglass wearers, that means they want to wear glasses that are not only stylish but look good on their face. The first step is figuring out your face shape. Then, get frames that are right for that shape. Let this guide help you see clearly:

**Oval face:** The chin is slightly narrower than the forehead and the cheekbones are high. Frames should be as wide or wider than the broadest part of the face and stay proportionate to the face. You can go for walnut-shaped frames that are not too deep or narrow.

**Round face:** Here, the face is round with few if any angles. It's proportionate in width and length. Choose slightly angular, narrow frames to lengthen the face. Avoid very rounded styles, which will exaggerate curves.

**Heart-shaped:** This shape has a wide forehead and high cheekbones. The face narrows to the chin. Frames should add width below the eye to offset a narrow chin. Stick to narrow, round or square frames.

**Oblong or rectangle:** This face is longer than it is wide. It needs a frame that is deeper than its width to help shorten the face. Frames should be soft, round, deep or triangle shapes.

**Square:** This face has a strong jaw-line, broad forehead and is proportionate in width and length. Choose curved, narrow styles that have more width than depth and narrow ovals. They will make the face look longer and soften its angles.

**Triangular:** This face has a narrow forehead that widens at the cheek and chin. Add width with frames that are accented with color and detailing on the top half.

**Diamond:** This rare type of face is narrow at the eyelids and jawline, and cheekbones may be high and dramatic. Try frames that have detailing or distinctive browlines, or go for rimless frames or oval and cat-eye shapes.



# Liver ailments a dangerous foe

A common connection many make when the topic of liver disease is broached is alcoholism. Most are aware of the potentially damaging effects that overconsumption of alcohol can have on a person's liver. However, a host of other ailments, some that can easily go undiagnosed, can afflict the liver as well.

Part of what makes that so troubling is the role the liver plays in the human body. Among other things, the liver is responsible for removing waste and worn-out cells from the blood, in addition to detoxifying drugs, alcohol and other environmental toxins. That said, a loss of liver function could quite possibly lead to a loss of life. Therein lies the importance of detection, which is not always easy, considering some of the following liver ailments are not easily recognizable or diagnosed.

## Hepatitis C

Though cases of Hepatitis C

have declined dramatically over the last couple of decades, that doesn't make the disease any less potent. In fact, Hepatitis C is among the scarier liver ailments one can incur since 80 percent of persons have no signs or symptoms of the disease, according to the Center for Disease Control (CDC).

What symptoms do exist can seem like run-of-the-mill nuisances instead of something bigger. Nausea, abdominal pain, fatigue, and a loss of appetite can signal a number of diseases, not the least of which is Hepatitis C. Jaundice (where the skin turns a yellowish or brownish color) and dark urine are indicative of more liver-specific ailments, though any of the aforementioned symptoms should be brought to a physician's attention as well.

Those in the highest risk category include injecting-drug users, who have a high risk of infection and should be tested.

Those who received blood or

organ transplants before 1992 as well as kidney dialysis patients also have a heightened risk of contracting the disease

## Portal Hypertension

While the most common cause of portal hypertension is cirrhosis (when scar tissue blocks the flow of blood through the liver), other factors can lead to portal hypertension as well. This condition occurs when there is an increase in blood pressure within the portal venous system. This system involves veins coming from the stomach, intestine, pancreas and spleen that merge into the portal vein, which then branches into smaller vessels and travels into the liver. When the pressure becomes too high, the blood is then forced to find other ways to get back to the heart, sometimes going through the veins in the esophagus or anus, which can cause the vomiting of blood or gastrointestinal bleeding.

In addition to cirrhosis,

schistosomiasis, a parasitic infection, and simple blood clots can also cause portal hypertension. The most notable symptoms are often severe, such as the aforementioned gastrointestinal bleeding as well as an accumulation of fluid in the abdomen, known as ascites. A reduction in platelets and white blood cells is also indicative of portal hypertension.

Like other liver ailments, treatment is more rooted in preventing further damage than curing the disease, as there is currently no cure. Lifestyle changes such as giving up alcohol and drugs is one prevention tactic, as is following dietary guidelines mapped out by your physician. Therapy and medication options are available and can work to prevent further damage.

## Liver Failure

Though chronic liver failure is often the gradual result of diseases such as hepatitis C or

cirrhosis, in rare instances acute liver failure, where the liver can deteriorate to the point of failure in as little as 48 hours, can occur. When children suffer acute liver failure, Hepatitis C is often the cause, though both Hepatitis A and B can lead to acute liver failure as well.

An overdose of acetaminophen (Tylenol) can also result in acute liver failure, as can a reaction to prescription medications and ingestion of poisonous wild mushrooms. When acute liver failure occurs, immediate detection (thanks to the rapid deterioration of the liver) is necessary. For instance, an overdose of acetaminophen requires immediate medical attention. In other instances where hepatitis could quite possibly cause acute liver failure, the hepatitis vaccine is recommended in addition to practicing proper hygiene and always consuming alcohol in moderation.



## Hike Lake County and improve your health

Just 30 minutes a day of moderate exercise can contribute significantly to your well-being: improving cardiovascular health, lowering blood pressure, helping control weight and reducing risk of major illnesses and disease. Walking is one of the easiest ways to add activity to your routine and our Lake County Forest Preserves provide the perfect setting.

Take the Hike Lake County challenge and hike seven of 12 designated trails between now and November 30. You'll get fit and receive a free commemorative shield for your walking stick.

This year's Hike Lake County event is sponsored by Lake Forest

Hospital. For more information about health benefits and issues related to walking, call the Lake Forest Hospital Sports Medicine Department at 847-535-7550, or visit them online at

[www.LakeForestHospital.com](http://www.LakeForestHospital.com)

Now in its eighth year, participants of the annual Hike Lake County event must hike seven of 12 designated trails by November 30, 2006 and record them in their official Hike Lake County Travel Log, available online at [www.LCFPD.org](http://www.LCFPD.org) or at various forest preserve locations. Upon completion, participants will receive a commemorative shield (free for Lake County residents; \$10 for out-of-county residents).

Designated trails are marked with special signs indicating the trailhead and route to follow.

## Lake County Forest Preserves

[www.LCFPD.org](http://www.LCFPD.org)



Mileage varies from one mile to just over three miles, and is indicated for each trail in the Travel Log. All of the trails are clean, safe and scenic. Most are also wheelchair accessible. Enhance your hiking experience with a varnished Ozark hardwood hiking stick (\$10) or Golden Guide field guide (\$7), available for purchase at selected Forest Preserve facilities.

Add camaraderie to your fitness regimen and hike with a group. Lake County Forest Preserves' Forest Fitness group is covering several of the Hike Lake County trails this fall. See our website at [www.LCFPD.org](http://www.LCFPD.org) for a schedule or

call 847-968-3321.

Pick up a Hike Lake County Travel Log at the following Lake County Forest Preserve facilities: Brae Loch Golf Club (Grayslake), General Offices (Libertyville), Greenbelt Cultural Center (North Chicago), Independence Grove Visitors Center (Libertyville), Lake County Discovery Museum (Wauconda), Operations Office in Lakewood Forest Preserve (Wauconda) or Ryerson Woods (Deerfield). Or visit the Lake County Forest Preserves website for updated program information and to download a Travel Log: [www.LCFPD.org](http://www.LCFPD.org).

## Did you know?

According to the Skin Cancer Foundation, more than 1.3 million cases of skin cancer are diagnosed in the United States each year. Those numbers make skin cancer the most common of all cancers. One in five Americans will develop skin cancer sometime during their lifetime, a percentage that increases to one in three for Caucasians. Though protective products like sunscreen are available throughout the country, fewer than 33 percent of Americans apply sunblock before knowingly exposing their skin to sun. That's even more upsetting when considering that 90 percent of all skin cancer cases trace overexposure to sun as their chief cause. Despite a survival rate of 99 percent when detected early, melanoma is still the deadliest form of skin cancer, causing nearly 8,000 deaths per year.



## VARICOSE VEINS • 101

Class is in session  
November 8<sup>th</sup>-10<sup>th</sup>.

The first step in treating your varicose veins is knowledge. That's why you're invited to attend a free screening to learn more about vein disease. Aaron F. Cohen, M.D., together with Vein Clinics of America, has more than 25 years of experience in treating all aspects of vein disease. So be sure to join us in our Gurnee office November 8th-10th to receive your complimentary screening and to really understand varicose veins. Space is limited, so call 1-866-658-VEIN to reserve your spot today.

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Aaron F. Cohen, M.D.

Gurnee

Now that the kids are  
back in school, it's time  
to take care of yourself:

Busy parents tend to put their needs last, especially during the hectic summer months when their children are out of school. Now that the school year has begun, moms and dads have more time to take care of themselves. This means addressing medical issues, such as vein disease treatment, that they may have put off for the last few months.

Despite common misperceptions, varicose veins are more than just a cosmetic problem. Varicose veins and spider veins appear because of vein disease, a medical condition that can lead to further health complications. The pain, aching, itching, and swelling that vein disease can cause can have a negative impact on the quality of life. In rare cases, vein disease can cause serious health issues such as venous leg ulcers that can lead to amputation. Most patients with varicose vein disease have a family history of the condition. Moreover, because it is a progressive condition, it will continue to get worse if left untreated – making future treatments more extensive.

Due to recent advances in varicose vein treatment, there are new options for people who suffer from vein disorders. These medical options are effective and minimally invasive, unlike surgical vein stripping, which was the primary treatment option in the past. Sclerotherapy is a procedure in which medication or "sclerosant" is injected into the abnormal vein to close it. An advanced form of sclerotherapy called COMPASS, has been proven to be safe and efficacious in the treatment of large varicose veins, recurrent varicose veins following surgery and venous leg ulcers. Endovenous Laser Treatment (ELT), which is covered by most insurance companies, achieves the same result by using laser energy delivered through a tiny fiber that is inserted into the abnormal vein. Neither option requires hospitalization or surgery. Instead, each is performed in the physician's office. The patient can be back on his or her feet resuming normal activities the next day, or

even sooner.

Despite these advances in treatment options, many patients become confused and frustrated when researching their treatment options. In some cases, many physicians have not received in-depth education about the depth and complexity of this disease. This fact can prevent varicose vein sufferers from receiving proper diagnosis or guidance on treatment options. In addition, some physicians offer treatment themselves; however, if they are not properly trained specifically in vein disorders, they may not be able to provide the most comprehensive and effective options for their patients.

Considering these factors, how does a consumer choose the most appropriate physician and the best possible treatment option? Because vein disease is not part of the standard training physicians receive in medical school, it is essential for sufferers to do their homework and to be proactive when seeking treatment. Here are some questions to ask when choosing a doctor you intend to have treat your varicose veins:

How long have you been treating vein disease?

Is vein disease treatment the primary focus of your practice?

Do you use ultrasound to evaluate the extent of my vein disease beyond those problem veins that are visible?

Do you utilize ultrasound imaging during treatment?

Will you treat all of my problem veins or just a portion of them (including those below the knee and those that are not visible)?

What is the likelihood that my legs will need to be treated again? How often?

What is your plan for long-term management of my vein disease?

Aaron Cohen, M.D., from Vein Clinics of America in Gurnee, said, "It takes a great deal of training and experience to treat vein disease effectively; the type of experience that can only come with a sole focus on vein treatment."

For more information regarding vein disorders, ELT, or COMPASS procedures, call VCA at 1-800-660-8346 or visit veinclinics.com.

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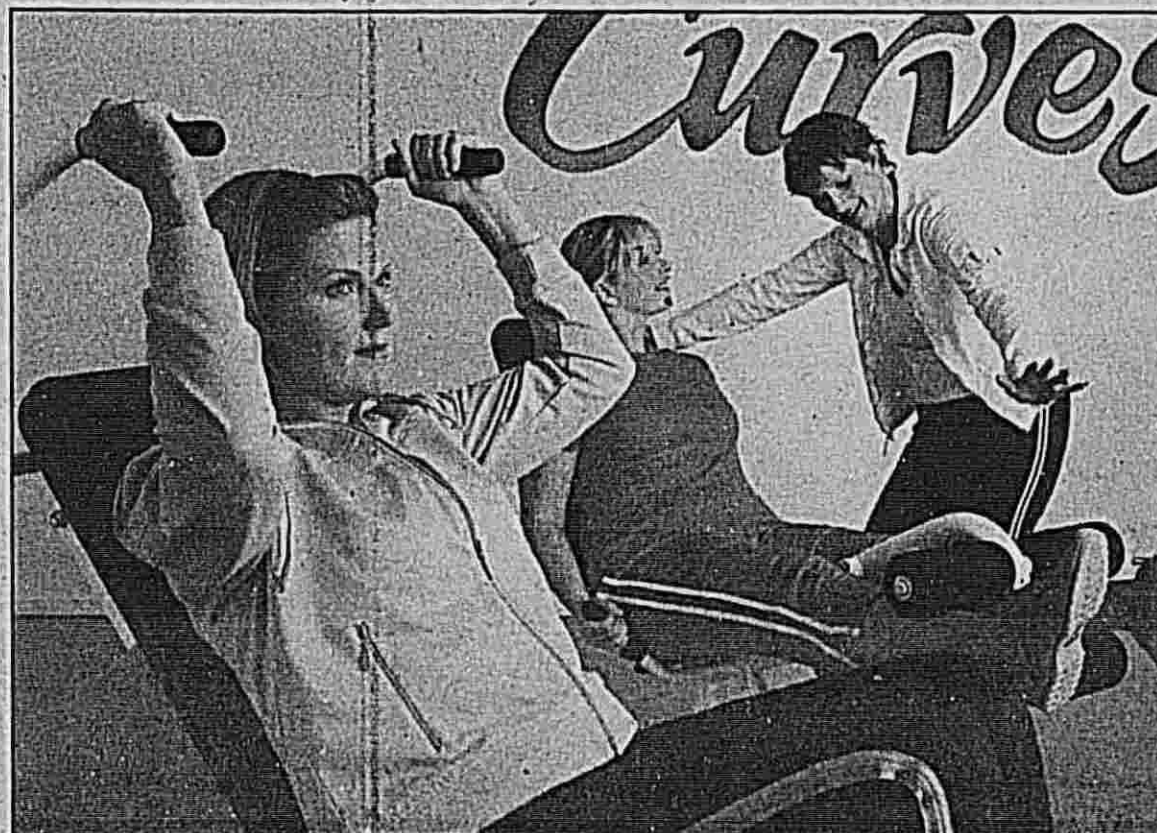
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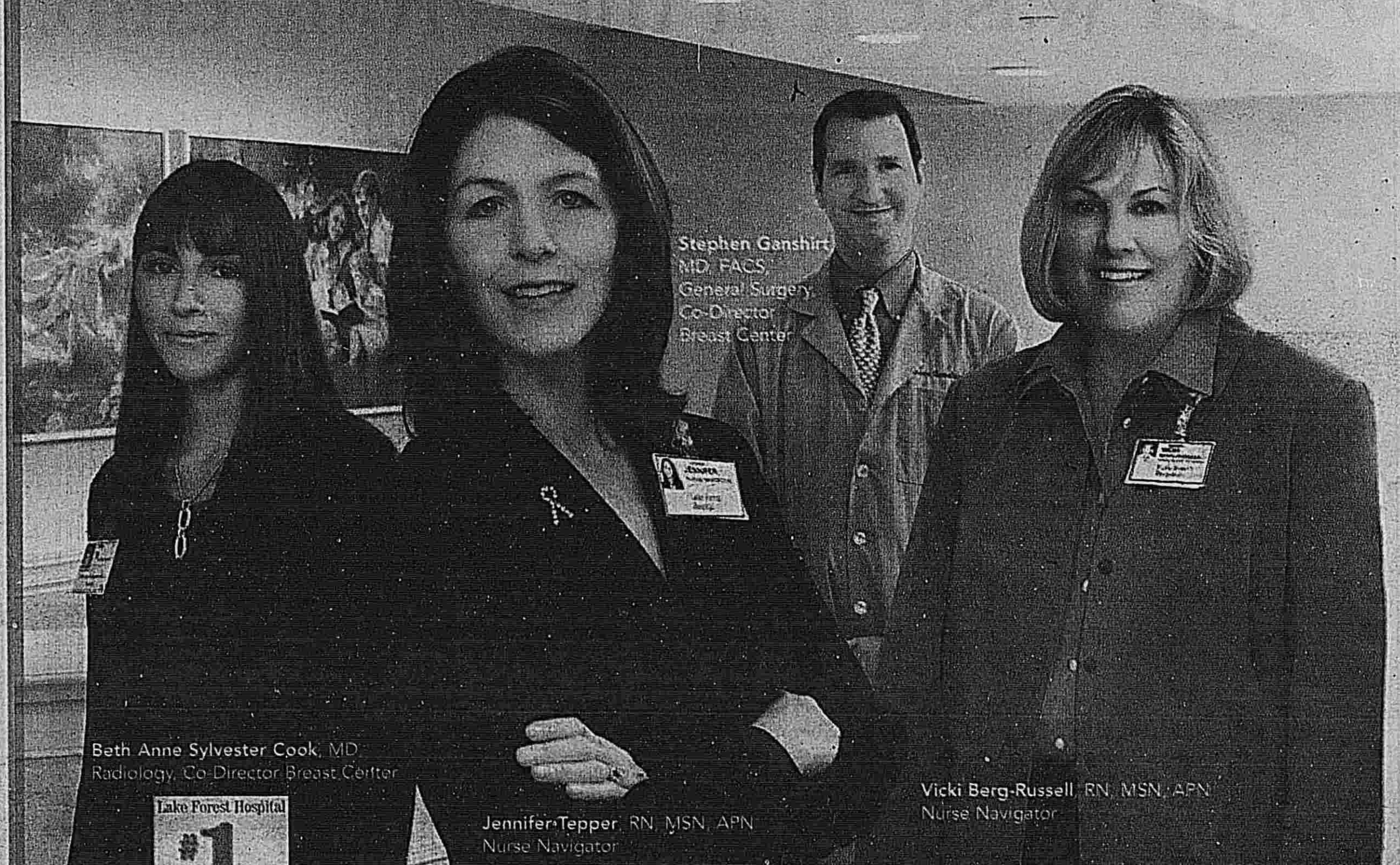
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